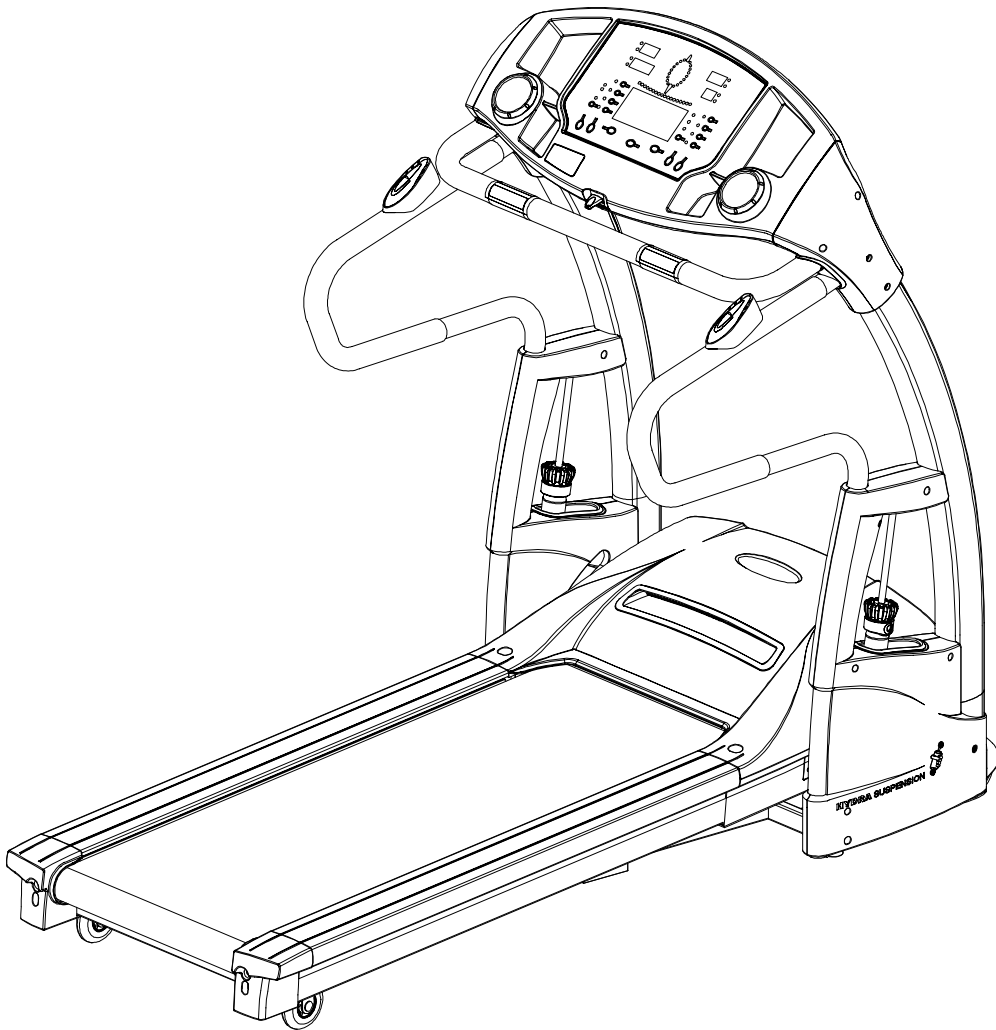# 8.25E MOTORIZED TREADMILL

MODEL NUMBER: 8.25E

USER WEIGHT LIMITATION: **400 lbs.(180kgs)**

SERVICENUMBER: 0800-09 72 100

SERIAL NUMBER (found on frame):

CE

PRECAUTIONS

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.

- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

- When choosing a location for the treadmill make sure that the location and position permit access to a plug.

- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

- Keep children under the age of 12 and pets away from the treadmill at all times.

- The treadmill should not be used by persons weighing more than **400 lbs** (180 kg)**.**

- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.

- Always straddle the belt and allow it to start moving before stepping onto the belt.

- Always examine your treadmill before using to ensure all parts are in working order.

- Allow the belt to fully stop before dismounting.

- Never insert any object or body parts into any opening.

- Follow the safety information in regards to plugging in your treadmill.

- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.

- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

- Never leave the treadmill unattended while it is running.

- The equipment is for Class B (Home Use).

POWER REQUIREMENTS

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill. Surge protectors can be purchased at most hardware stores.

This treadmill is provided with two different grounding plugs for Central Europe and United Kingdom. Please choose the right one and plug in your treadmill.

Please make sure that your local voltage is appropriate for the power requirements of this treadmill before you plug it in.
This product is for use with a voltage of 230V$\pm$ 5%.

Do not use a voltage transformer with this product.
Do not use an extension cord with this product when you are not sure if the product is still properly grounded.

The following pictures show the two delivered plugs:
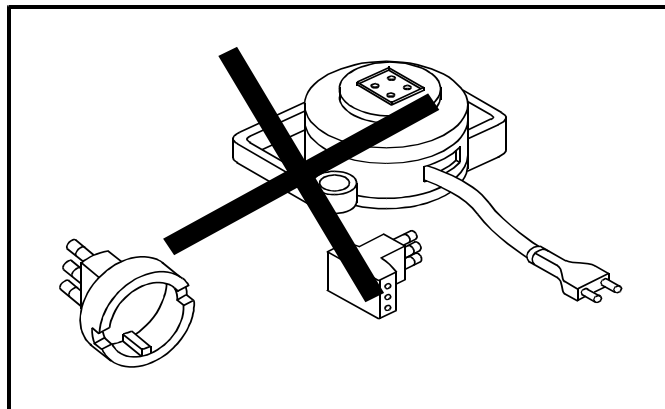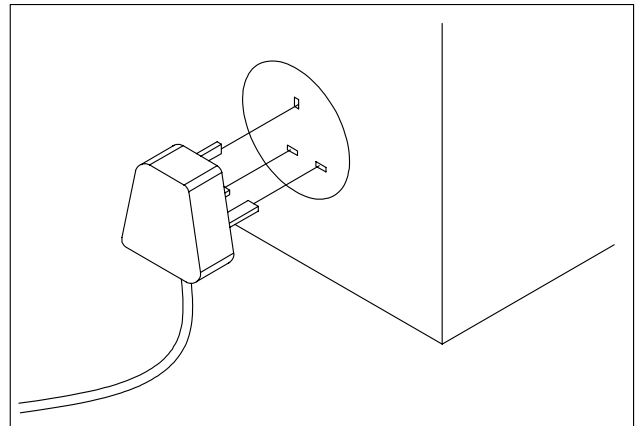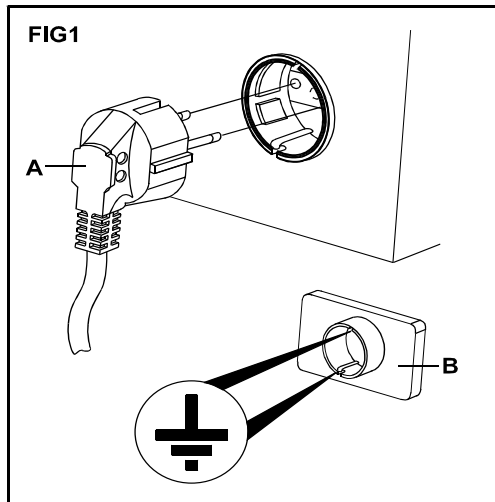
PREASSEMBLY

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local Smooth Retailer.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. **If you weigh more than 400 lbs (180 Kg) it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

Care and Maintenance:

1. The safety level can be maintained only if it is examined for damage and wear.

2. Replace the defect components immediately and stop to use the equipment until repair.

3. Always care that you mount on the equipment steady before you start to use the equipment. Dismount from the equipment after all parts are stop.

4. Always check the easily wear components like pulley etc. to prevent danger.

5. There is an emergency stop to prevent dangers, you can stop the treadmill immediately by actuated the emergency stop for emergency dismount.

CONTENTS CHECKLIST

Carton contents:

For your convenience, we have identified the contents of the shipping carton. Please check to make sure you have all of the components before assembly. This chart is provided to help you identify the components used in the assembly of this product.

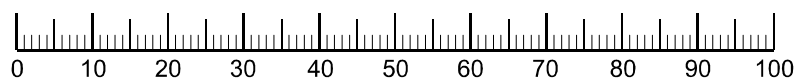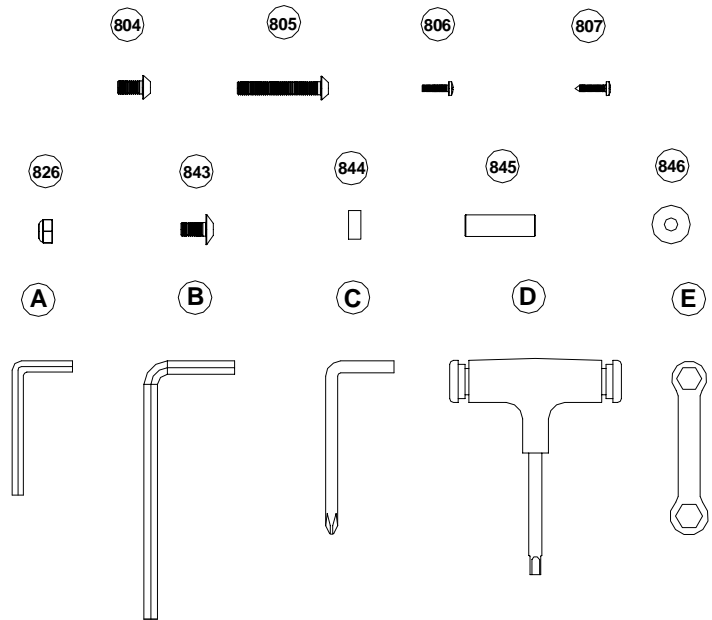| No.	Description	Qty.
A	Computer	1
B	Front Handlebar Assembly	1
C	Handlebar	2
D	Upright Assembly Left	1
E	Upright Assembly Right	1
F	Main Frame Assembly	1
310	Adjustable Cylinder	2
303	Upright Cover - LL	1
304	Upright Cover - LR	1
305	Upright Cover - RL	1
306	Upright Cover - RR	1
311	Upright Plastic Shroud - LL	1
312	Upright Plastic Shroud - LR	1
313	Upright Plastic Shroud - RL	1
314	Upright Plastic Shroud - RR	1
315	Adjustable Cylinder Cover - Upper	2
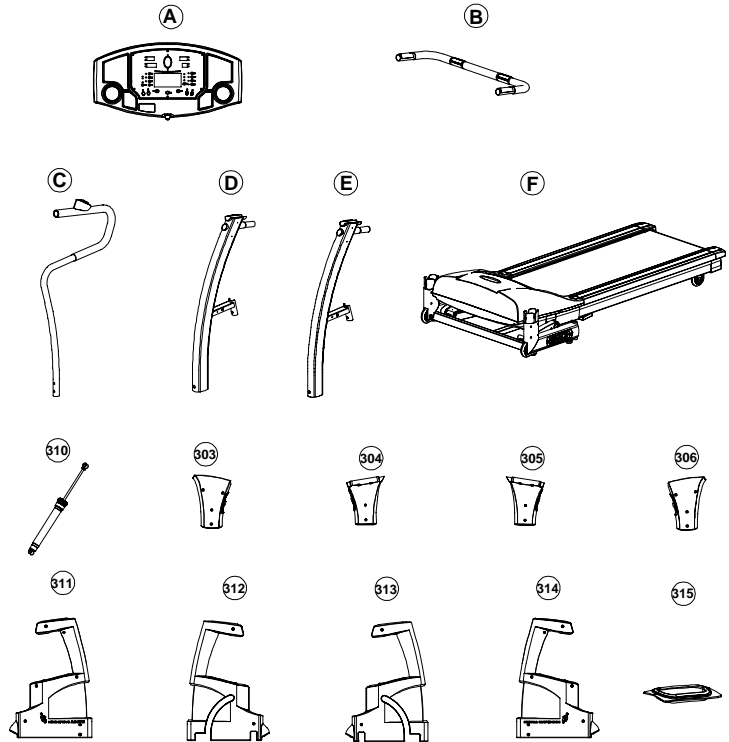
HARDWARE COMPARISON CHART

Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

No.	Description	Qty.
804	M8 x 15mm Bolt	2
805	M8 x 50mm Bolt	12
806	#8 x 19mm Screw	16
807	#8 x 19mm Screw	17
826	M8 Nut	2
843	M8 x 15 mm Bolt	4
844	Spacer	4
845	13 x 42mm Axle	2
846	8 x 23mm Washer	2
A	5mm Allen Key	1
B	8mm Allen Key	1
C	Screw Driver	1
D	5mm Allen Wrench	1
E	Spanner	1

MILLIMETERS

PARTS LIST

No.	Description	Qty.	Order No.	GM BOM NO.
8.25-100	**Console Assembly**			
8.25-101	Overlay	1	8.25-101	
8.25-102	Computer Insert	1	8.25-102	PL-COI-LED17
8.25-103	Console PC Board	1	8.25-103	
8.25-104	Console Housing - Upper	1	8.25-104	PL-COU-XT220
8.25-105	Console Housing - Bottom	1	8.25-105	PL-COD-XT220
8.25-106	Safety key Base	1	8.25-106	AP-010-01-PL
8.25-107	Safety Key	1	8.25-107	PL-AP-004
8.25-108	Safety Key Wire - Upper	1	8.25-108	
8.25-109	Computer Wire - Upper	1	8.25-109	
8.25-110	Computer Ground Wire	1	8.25-110	
8.25-111	Hand Pulse Wire - Upper	2	8.25-111	
8.25-112	E - Prom	1	8.25-112	
8.25-113	Motion Control Board	1	8.25-113	
8.25-114	Motion Control Board Wire	1	8.25-114	
8.25-115	Motion Control Sensor Wire	2	8.25-115	
8.25-116	Water Bottle Holder	2	8.25-116	PL-WBI-XT220
8.25-200	**Handle Bar Assembly**			
8.25-201	Handle Bar Upright	2	8.25-201	IR-HD-X8.25-01
8.25-202	Handle Bar Upright Foam Grip	2	8.25-202	FO-RO-38X3X950
8.25-203	Front Handle Bar	1	8.25-203	IR-WD-FHD-XT220
8.25-204	Front Handle Bar Foam Grip-Short	1	8.25-204	FO-RO-38X3X1108
8.25-205	Front Handle Bar Foam Grip-Long	2	8.25-205	FO-RO-38X3X1108
8.25-206	Hand Pulse Set	2	8.25-206	EL-HP-001-R038.1
8.25-207	Motion Control	2	8.25-207	AP-011-01-1
8.25-208	Motion Control Base	2	8.25-208	AP-011-02-1
8.25-300	**Upright Assembly**			
8.25-301	Upright-L	1	8.25-301	IR-WD-UR-X8.25
8.25-302	Upright-R	1	8.25-302	IR-WD-UR-X8.25
8.25-303	Upright Cover-LL	1	8.25-303	PL-URCLL-XT220
8.25-304	Upright Cover-LR	1	8.25-304	PL-URCLR-XT220
8.25-305	Upright Cover-RL	1	8.25-305	PL-URCRL-XT220
8.25-306	Upright Cover-RR	1	8.25-306	PL-URCRR-XT220
8.25-307	Safety Key Wire - Middle	1	8.25-307	
8.25-308	Computer Wire - Upper	1	8.25-308	

PARTS LIST

No.	Description	Qty.	Order No.	GM BOM NO.
8.25-309	Motion Control Sensor Wire - Middle	2	8.25-309	
8.25-310	Adjustable Cylinder	2	8.25-310	AP-014-01-IR
8.25-311	Upright Plastic Shroud – LL	1	8.25-311	PL-OPCRR-X8.25
8.25-312	Upright Plastic Shroud – LR	1	8.25-312	PL-OPCRL-X8.25
8.25-313	Upright Plastic Shroud – RL	1	8.25-313	PL-OPCLR-X8.25
8.25-314	Upright Plastic Shroud – RR	1	8.25-314	PL-OPCLL-X8.25
8.25-315	Adjustable Cylinder Cover - Upper	2	8.25-315	PL-OPCU-X8.25
8.25-316	Fixing Inserts	2	8.25-316	
8.25-400	**Base Frame Assembly**			
8.25-401	Base Frame	1	8.25-401	IR-WD-BF-XT220
8.25-402	Safety Key Wire - Lower	1	8.25-402	
8.25-403	Computer Wire -Lower	1	8.25-403	
8.25-404	Power Switch Plate Cover	1	8.25-404	AP-005-01-PL
8.25-405	Power Switch Plate	1	8.25-405	AP-005-02-PL
8.25-406	Power Breaker	1	8.25-406	AP-005-04-PL
8.25-407	Power Switch	1	8.25-407	AP-005-03-PL
8.25-408	Fold UP Support	1	8.25-408	IR-WD-MF-XT220
8.25-409	Foot Locker	1	8.25-409	AP-004-01-IR
8.25-410	Foot Locker Spring	1	8.25-410	IR-BOLT-07-D2X270
8.25-411	Shock	1	8.25-411	AP-012-O
8.25-412	Fix Bolt Sets	2	8.25-412	AP-001
8.25-413	Front Caster	2	8.25-413	RU-MW-10X100X25
8.25-414	Rubber Cushion	2	8.25-414	RU-FS-FX-D30X8.5
8.25-415	Level Adjuster	2	8.25-415	RU-FS-AD-M8X38.5
8.25-416	Base Frame End Cap	2	8.25-416	
8.25-417	Cushion	2	8.25-417	RU-FS-FX-101X36X17.5
8.25-418	Transportation Wheel Bracket	2	8.25-418	AP-003-02-IR-2
8.25-419	Transportation Wheel Bracket	1	8.25-419	AP-003-01-IR
8.25-420	Spring	1	8.25-420	
8.25-421	Rear Transportation Wheel	1	8.25-421	RU-MW-D38X22
8.25-422	Plastic Insert	1	8.25-422	IR-BOLT-06-03-10X16X8.5
8.25-423	Fold Up Support Wheel	1	8.25-423	RU-MW-12X25X25

PARTS LIST

No.	Description	Qty.	Order No.	GM BOM NO.
8.25-424	Bushing	2	8.25-424	IR-BOLT-06-03-10X17.5
8.25-500	**Motor Assembly**			
8.25-501	Motor Hood	1	8.25-501	PL-MCU-XT220
8.25-502	Elevation Motor	1	8.25-502	EL-MO-IS25
8.25-503	Elevation Gear Sleeve	1	8.25-503	EL-MO-JS25-O
8.25-504	Driving Motor	1	8.25-504	EL-MO-B1K-1.2HP-4800RPM
8.25-505	Motor Holder	1	8.25-505	AL-TL-01-118
8.25-506	Driving Belt	1	8.25-506	RU-PB-250J-7
8.25-507	Motor Control Board	1	8.25-507	
8.25-508	Elevation Control Board	1	8.25-508	
8.25-509	Elevation Support Tube	1	8.25-509	IR-WD-EF-XT220
8.25-510	Elevation Support Tube Cover - Left	1	8.25-510	PL-EFCL-XT220
8.25-511	Motor Bottom Cover	1	8.25-511	PL-MCU-XT220
8.25-512	Deck Frame Side Cover - Left	1	8.25-512	PL-MCSL-XT220
8.25-513	Plastic Clamp - Top	2	8.25-513	PL-AP-002
8.25-514	Plastic Clamp - Bottom	2	8.25-514	PL-AP-003
8.25-515	Elevation Support	2	8.25-515	IR-AP-002
8.25-516	Elevation Support Cap	2	8.25-516	PL-ROC-19.4
8.25-517	Deck Rubber Cushion	2	8.25-517	
8.25-518	Rear Vent Cover	1	8.25-518	PL-MCU-XT220
8.25-519	Elevation Support Tube Cover - Right	1	8.25-519	PL-EFCR-XT220
8.25-520	Deck Frame Side Cover - Right	1	8.25-520	PL-MCSR-XT220
8.25-600	**Running Deck Assembly**			
8.25-601	Running Belt	1	8.25-601	RU-RB-1.6X493X2760
8.25-602	Side Rail	2	8.25-602	PL-SRL-XT220
8.25-603	Side Rail End Cap - Left	1	8.25-603	PL-ECL-XT220
8.25-604	Side rail End Cap - Right	1	8.25-604	PL-ECR-XT220
8.25-605	Running Deck	1	8.25-605	WO-RB-1195X652X19
8.25-700	**Deck Frame Assembly**			
8.25-701	Deck Frame	1	8.25-701	IR-WD-RF-XT220
8.25-702	Front Roller Shaft	1	8.25-702	AP-007-04-15X570-IR
8.25-703	Front Roller Tube	1	8.25-703	AP-007-63.5X117

PARTS LIST

No.	Description	Qty.	Order No.	GM BOM NO.
8.25-704	Roller Bearing 6202	4	8.25-704	IR-BR-6202
8.25-705	Rear Roller Shaft	1	8.25-705	AP-008-01-15X574-IR
8.25-706	Rear Roller Tube	1	8.25-706	AP-008-63.5
8.25-707	Running Deck Support Tube	1	8.25-707	AP-009-01-SQ-22X640
8.25-708	Deck Frame - Rear	1	8.25-708	AP-009-02-FO-22.23X3X450
8.25-413	Rear Caster	2	8.25-413	RU-MW-10X100X25
8.25-800	**Fastening**			
8.25-801	# 6 × 12mm Screws	12	8.25-801	IR-BOLT-02-03-M3X12X12
8.25-802	# 4 × 6mm Screws	12	8.25-802	IR-BOLT-02-03-M2X6X6
8.25-803	# 8 × 12mm Screws	8	8.25-803	IR-BOLT-02-03-M4X12-S
8.25-804	M8 x 15mm Bolt	2	8.25-804	IR-BOLT-01-08-M8X15X15
8.25-805	M8 x 50mm Bolt	16	8.25-805	IR-BOLT-01-01-M8X50X50
8.25-806	#8 x 19mm Screws	25	8.25-806	IR-BOLT-02-03-M4X19-S
8.25-807	#8 x 19mm Screws	19	8.25-807	IR-BOLT-02-03-M4X15-S
8.25-808	M5 × 10mm Screws	3	8.25-808	IR-BOLT-01-01-M5X10X10
8.25-809	# 8 × 16 Screws	36	8.25-809	IR-BOLT-02-03-M4X15
8.25-810	C Fixed	1	8.25-810	
8.25-811	M10 × 30mm Bolts	1	8.25-811	IR-BOLT-01-10-M10X30
8.25-812	Bearing	1	8.25-812	IR-BOLT-06-02-7X11
8.25-813	Washer	8	8.25-813	IR-BOLT-05-01-4.5X10X1
8.25-814	Nylon Nut	7	8.25-814	IR-BOLT-03-02-M10X16X10
8.25-815	M8 x 35mm Axle	1	8.25-815	
8.25-816	M14 × 90 Screws	2	8.25-816	IR-BOLT-01-10-M14X90X29
8.25-817	Bearing	4	8.25-817	IR-BOLT-06-02-5X6X10
8.25-818	M10 × 35mm Screws	10	8.25-818	IR-BOLT-01-08-M10X35X15
8.25-819	# 8 × 10mm Screws	7	8.25-819	IR-BOLT-02-03-M4X10-S
8.25-820	# 8 × 50mm Screws	2	8.25-820	IR-BOLT-02-03-M4X50
8.25-821	M10 × 63mm Bolts	1	8.25-821	IR-BOLT-01-10-10X61
8.25-822	Fixed Block	8	8.25-822	PL-AP-001
8.25-823	M8 × 120mm Bolts	1	8.25-823	IR-BOLT-01-09-M8X120X35
8.25-824	Plate Washer	2	8.25-824	IR-BOLT-05-01-8X40X2
8.25-825	Spring	1	8.25-825	RU-BS-8X22.5X14
8.25-826	Nylon Nut	3	8.25-826	IR-BOLT-03-02-M8X14X8

PARTS LIST

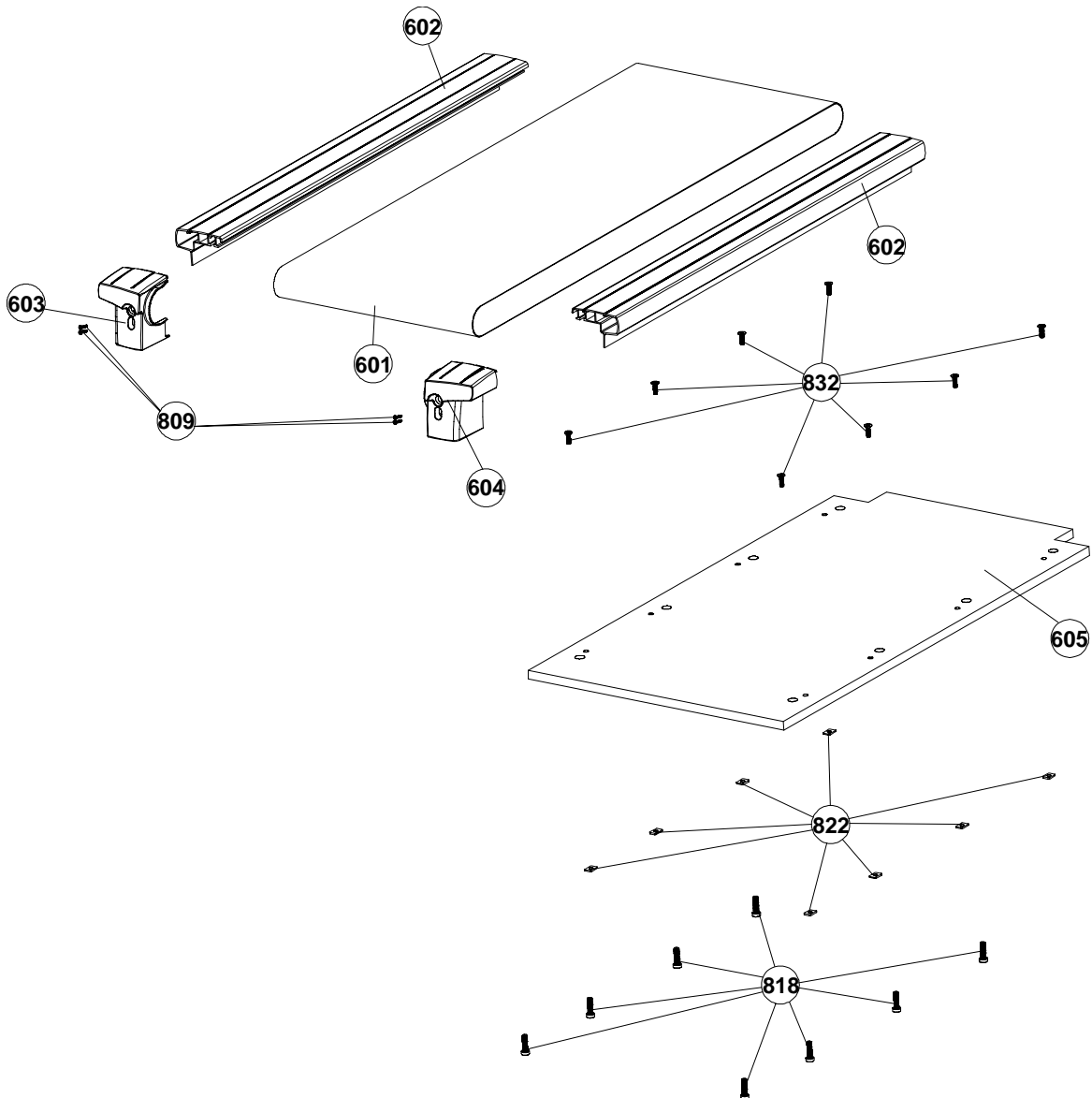| No.	Description	Qty.	Order No.	GM BOM NO.
8.25-827	M8 × 20mm Screws	6	8.25-827	IR-BOLT-01-08-M8X20X20
8.25-828	Spring Washer	10	8.25-828	IR-BOLT-05-01-8X14X2
8.25-829	Washer	2	8.25-829	IR-BOLT-05-01-8X16X3
8.25-830	M10 × 136mm Screws	1	8.25-830	IR-BOLT-01-06-M10X136X13
8.25-831	M10 × 90mm Screws	1	8.25-831	IR-BOLT-01-06-M10X90X13
8.25-832	M8 × 25mm Screws	8	8.25-832	IR-BOLT-01-02-M8X25X25
8.25-833	Hexagon Nut	8	8.25-833	IR-BOLT-04-01-M8X13X6.5
8.25-834	M6 × 70mm Bolts	3	8.25-834	IR-BOLT-01-05-M6X70X70
8.25-835	Washer	3	8.25-835	IR-BOLT-05-01-6X13X1
8.25-836	M10 x 40mm Axle	1	8.25-836	IR-BOLT-01-10-M10X40X4
8.25-837	C Fixed	2	8.25-837	IR-BOLT-06-03-M10C
8.25-838	M10 × 43mm Bolts	2	8.25-838	IR-BOLT-01-10-M10X42
8.25-839	Cushion Pad	8	8.25-839	AP-006
8.25-840	M10 × 40mm Screws	1	8.25-840	IR-BOLT-01-05-M10X40X15
8.25-841	M6 × 10mm Screws	2	8.25-841	IR-BOLT-01-01-M6X10X10
8.25-842	M10 × 52mm Screws	1	8.25-842	IR-BOLT-01-06-M10X52X30
8.25-843	M8 × 15mm Allen Head Bolt	4	8.25-843	IR-BOLT-01-01-M8X15X15
8.25-844	Plastic Spacer	4	8.25-844	UR-BS-13X17X7.5
8.25-845	13 × 42mm Bolt	2	8.25-845	IR-BOLT-01-10-13X42
8.25-846	Washer	2	8.25-846	IR-BOLT-05-01-8X23X2

PARTS DIAGRAM

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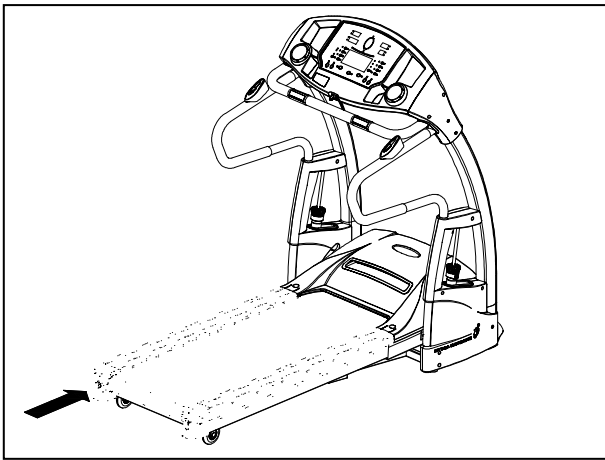
PARTS DIAGRAM

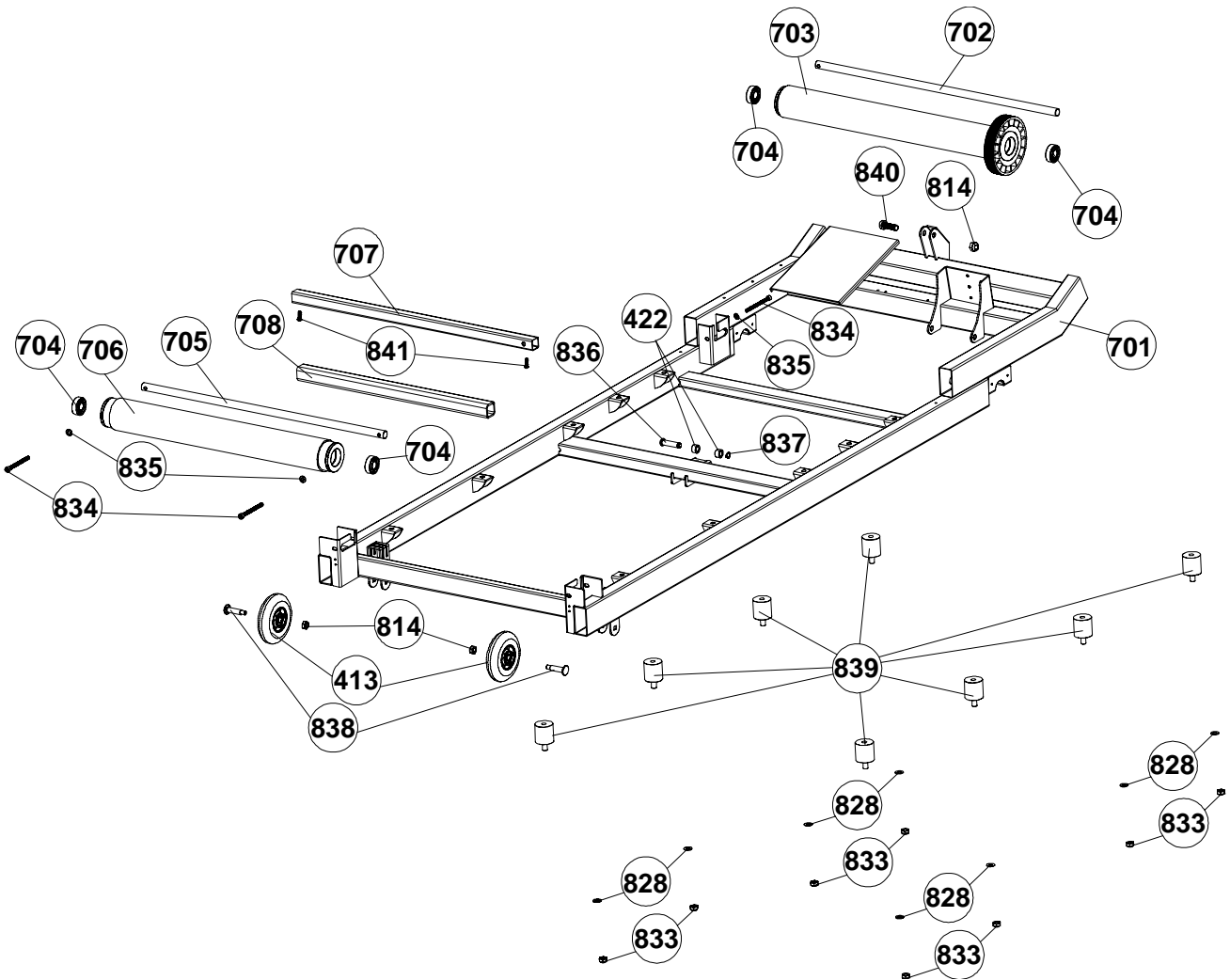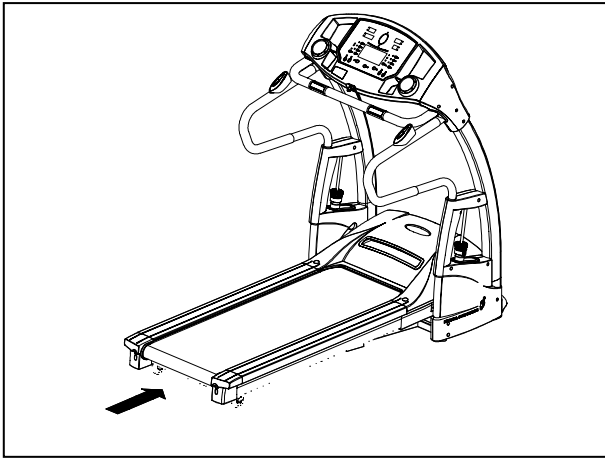**A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.**

PARTS DIAGRAM

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PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.

ASSEMBLY

STEP 1:

Remove your treadmill from the carton and place it on the floor in an open area.

Connect the Middle Section Computer Wire (308) to the Lower Section Computer Wire (403) and the Middle Section Safety Key Wire (307) to the Lower Section Safety Key Wire (402). Insert any extra cable length into the Left Upright (301).

Insert the Left and Right Uprights (301) (302) into the Base Frame (401).
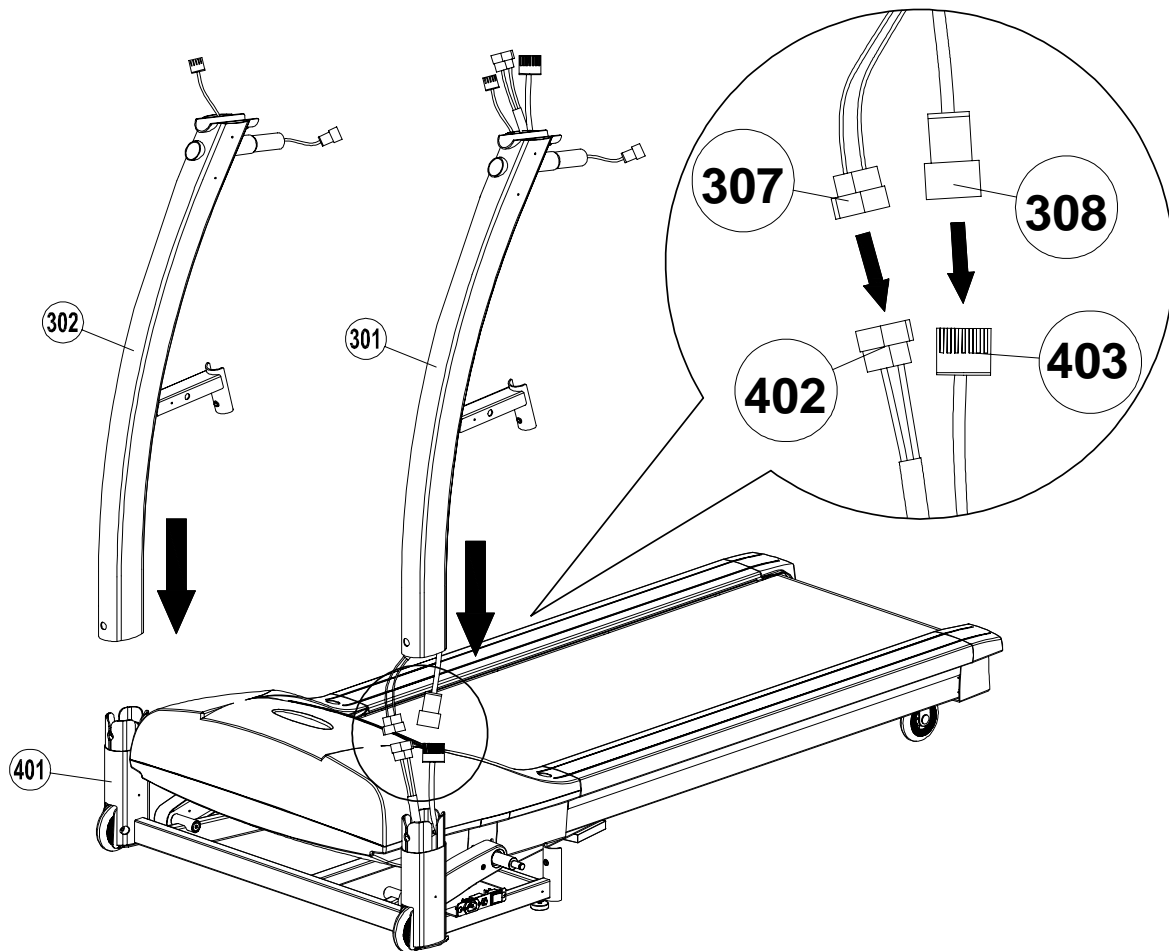
ASSEMBLY

STEP 2:

First connect the Motion Control Wire Middle Section (309) to Motion Control Wire Lower Section (207) as shown.

Insert the Handlebar (201) into the Upright Tube (301) (302) and secure using two M8 x 15mm Bolts (804), Four M8 x 50mm Bolts (805) to Base Frame (401).

| 804 | **X2** | |
| 805 | **X8** | |
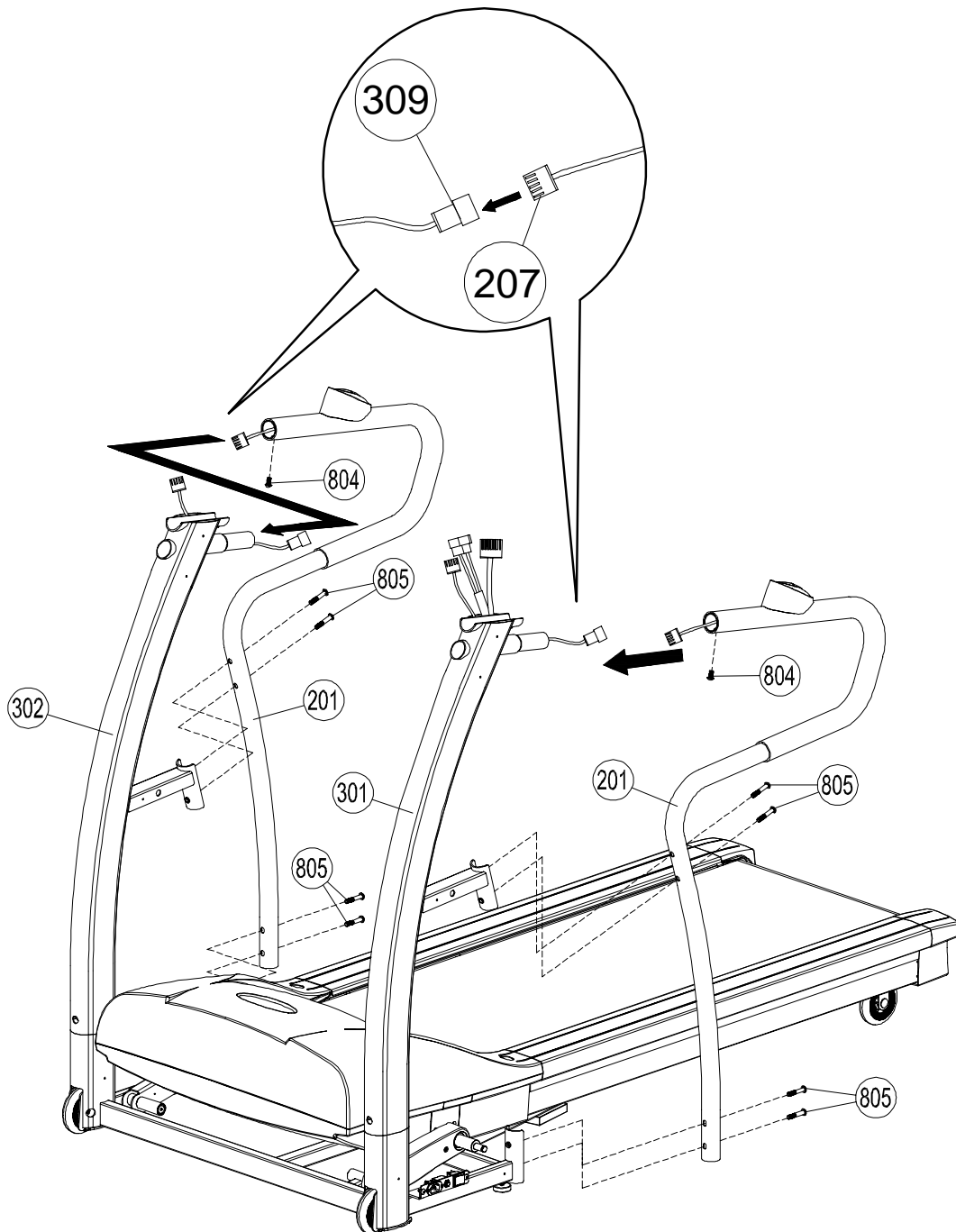
ASSEMBLY

STEP 3:

Attach the Front Handlebar (203) on the Upright Tube (301) (302) and secure using four M8 x 50mm Bolts (805).

805 **X4**
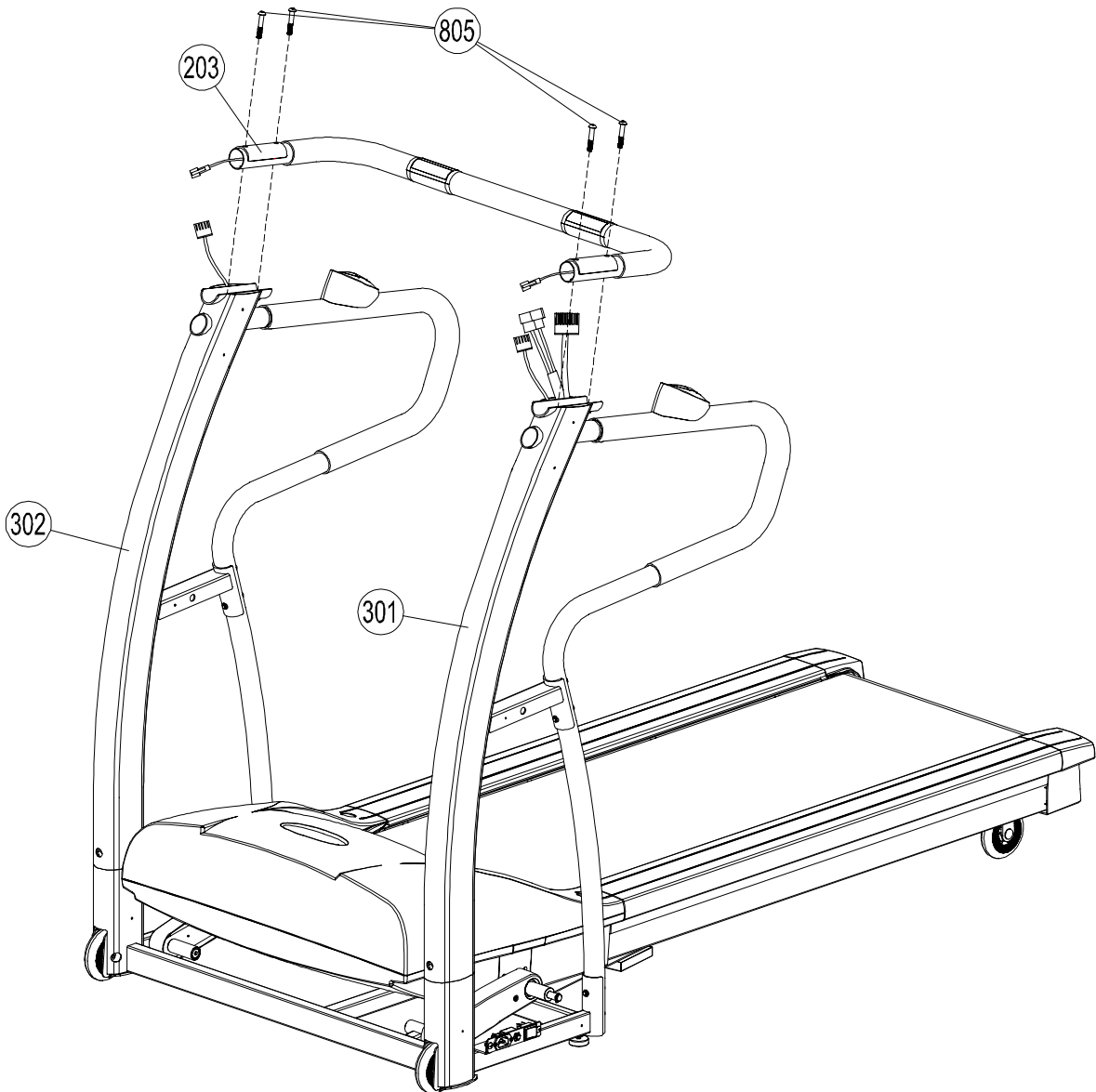
ASSEMBLY

ASSEMBLY

STEP 4:

Connect the Upper Section Computer Wire (109) to the Middle Section Computer Wire (308) and the Upper Section Safety Key Wire (108) to the Middle Section Safety Key Wire (307).

Connect the Upper Section Hand Pulse Wires (111) to Lower Section Wires (206) and Upper Section Motion Control Wires (115) to Lower Section Wires (309) for each side.

Attach the Upright Cover RL (305) and Upright Cover LR (304). Secure using four #8 x 19mm Screws (806) and four #8 x 19mm Metal Screws (807).

806   **X4**

807   **x4**
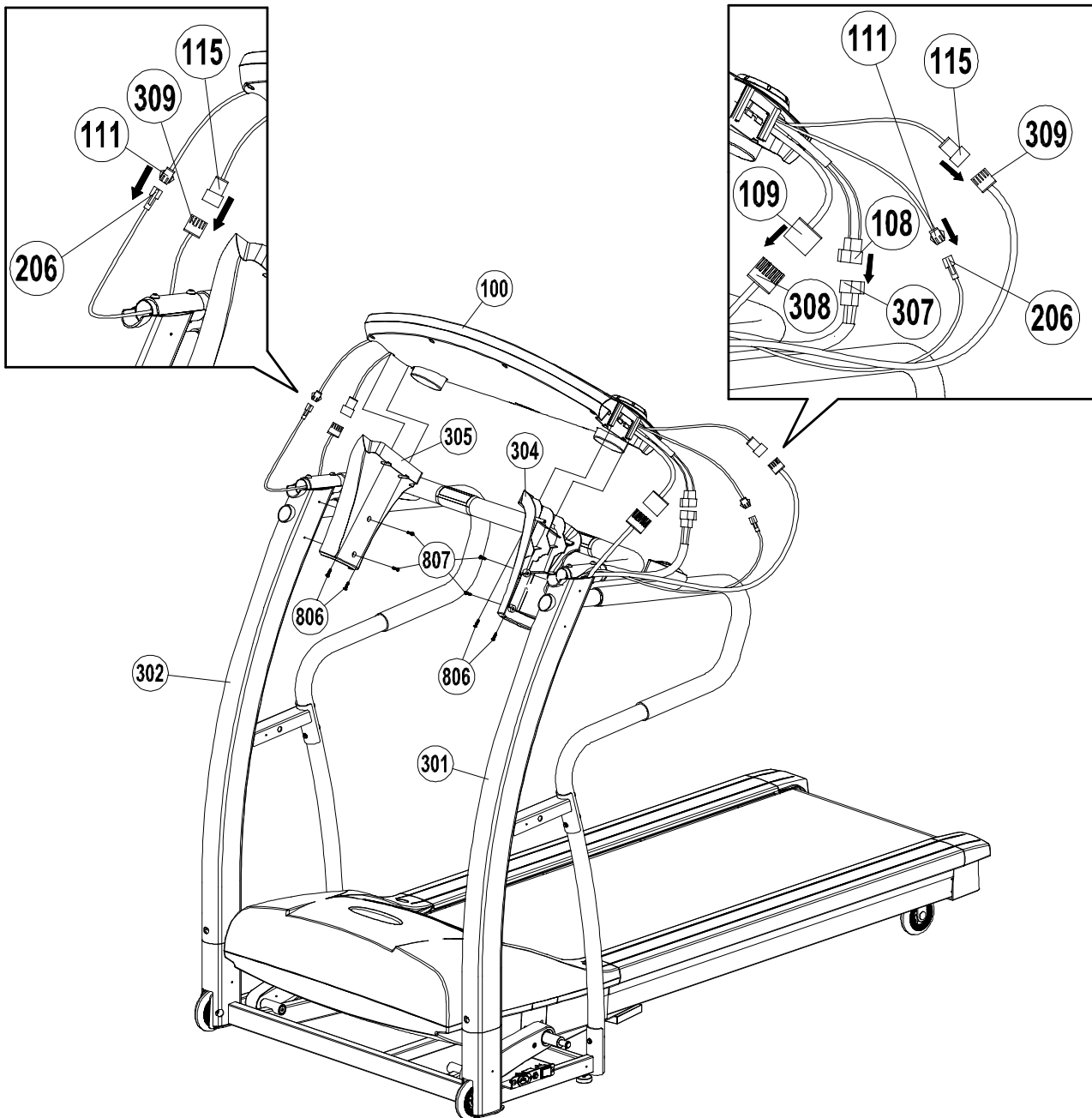
ASSEMBLY

STEP 5:

First Fix the Ground Wire (110) to the Upright Tube (301) and secure using one #8 x 19mm Metal Screws (807).

Attach the Upright Cover RR (306) and the Upright Cover LL (303) to the Upright Tube (302) and (301). Secure using four #8 x 19mm Screws (806) and four #8 x 19mm Metal Screws (807).

| 806 | **x4** | ▬▬◖ |
| 807 | **X5** | ◖▬▬ |
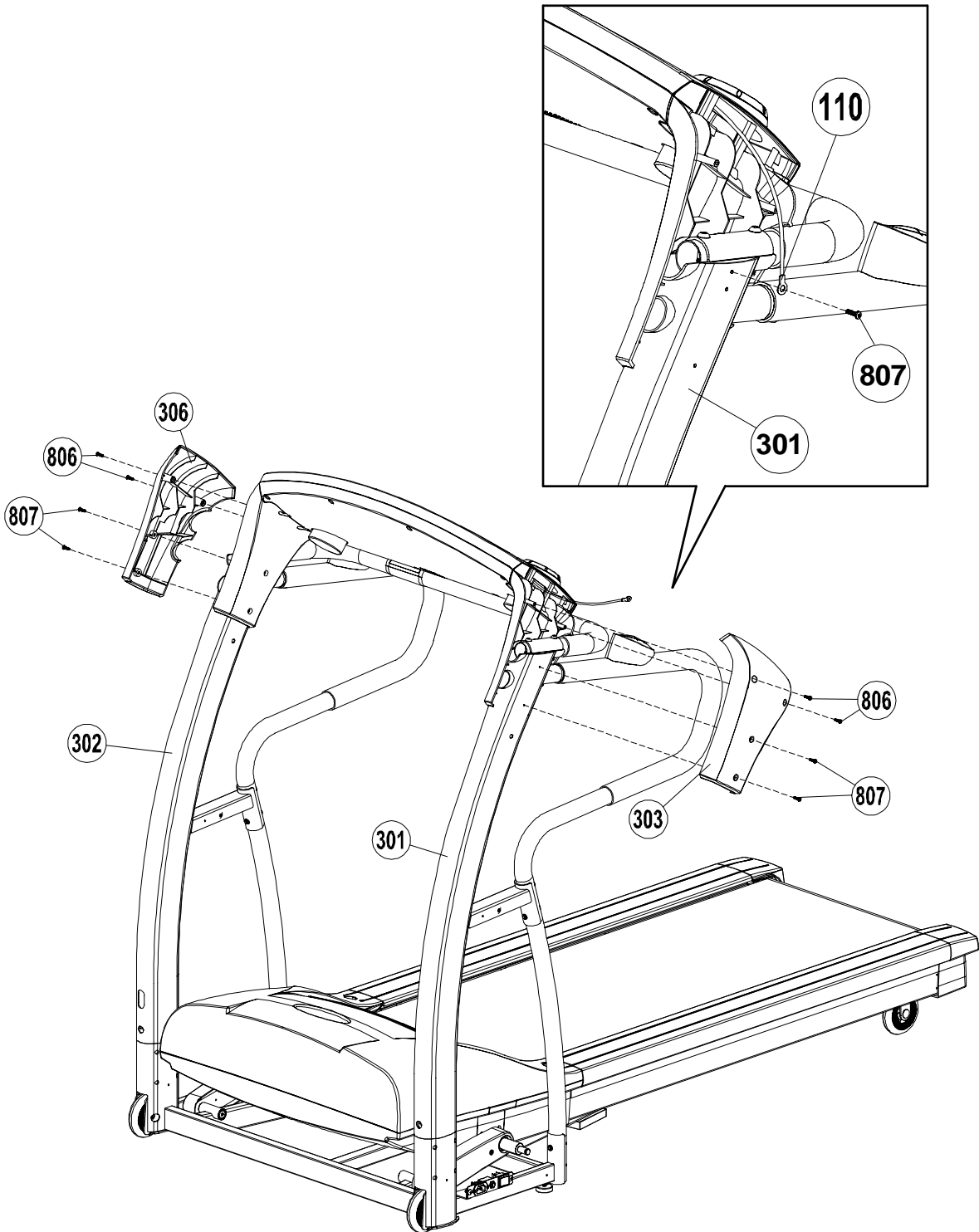
ASSEMBLY

STEP 6:

Put Adjustable Cylinder Cover – Upper (315) into Adjustable Cylinder (310). Attach the Adjustable Cylinder (310) to the Left Upright (301) and secure with two Plastic Spacers (844), one 13 x 42mm Bolt (845) and two M8 × 15mm Allen Head Bolt (843).Upper , one Washer (846) and one Nylon Nut (826) bottom. Repeat this procedure on the Right Upright (302).

| 826 | **X2** | |
843	**X4**	
844	**X4**	
845	**X2**	
846	**X2**	
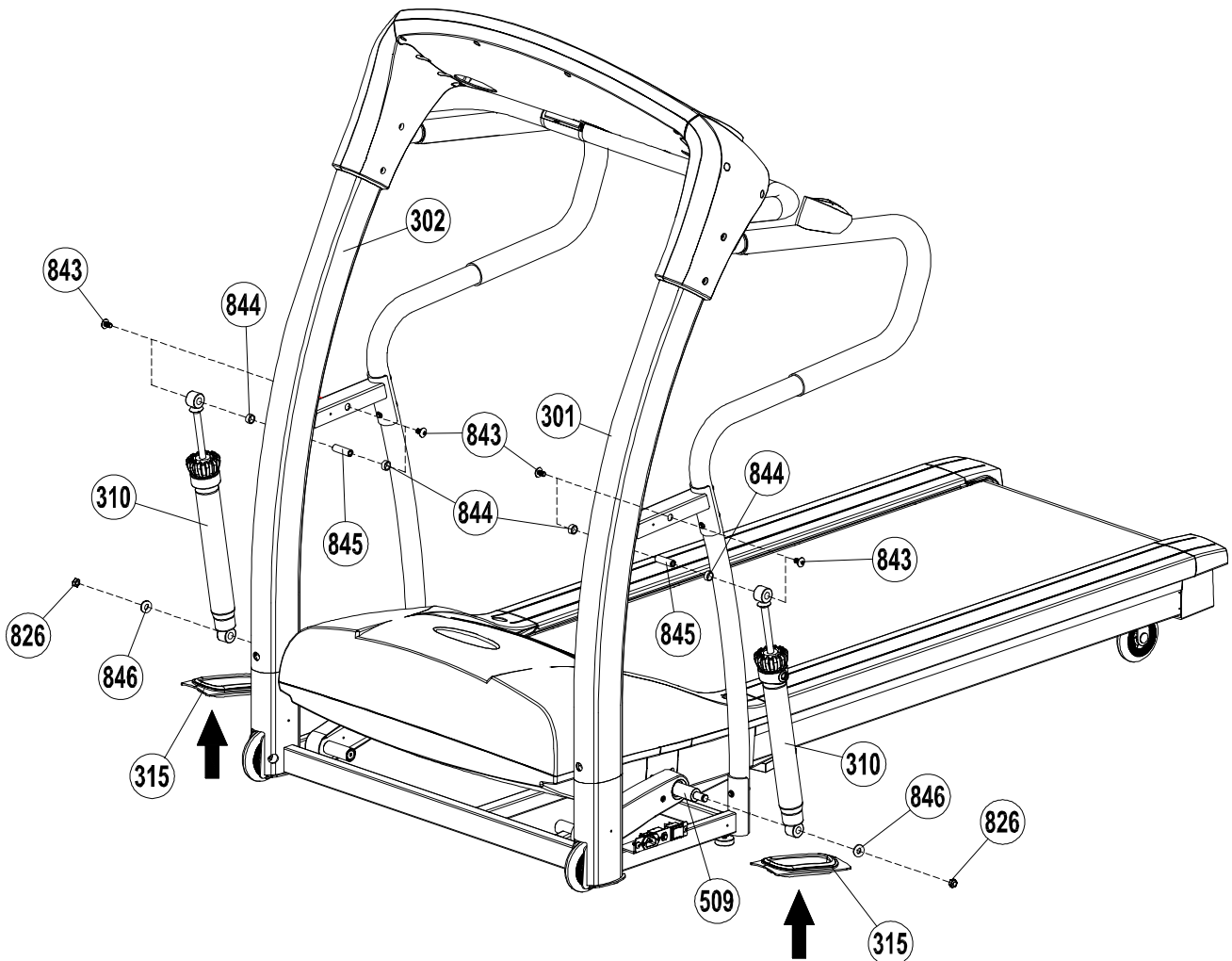
ASSEMBLY

STEP 7:

Attach the Upright Plastic Shroud - LL (311) , Upright Plastic Shroud - LR (312) and Adjustable Cylinder Cover – Upper (315) to the Upright - L (301) and secure with four #8 x 19mm Screws (80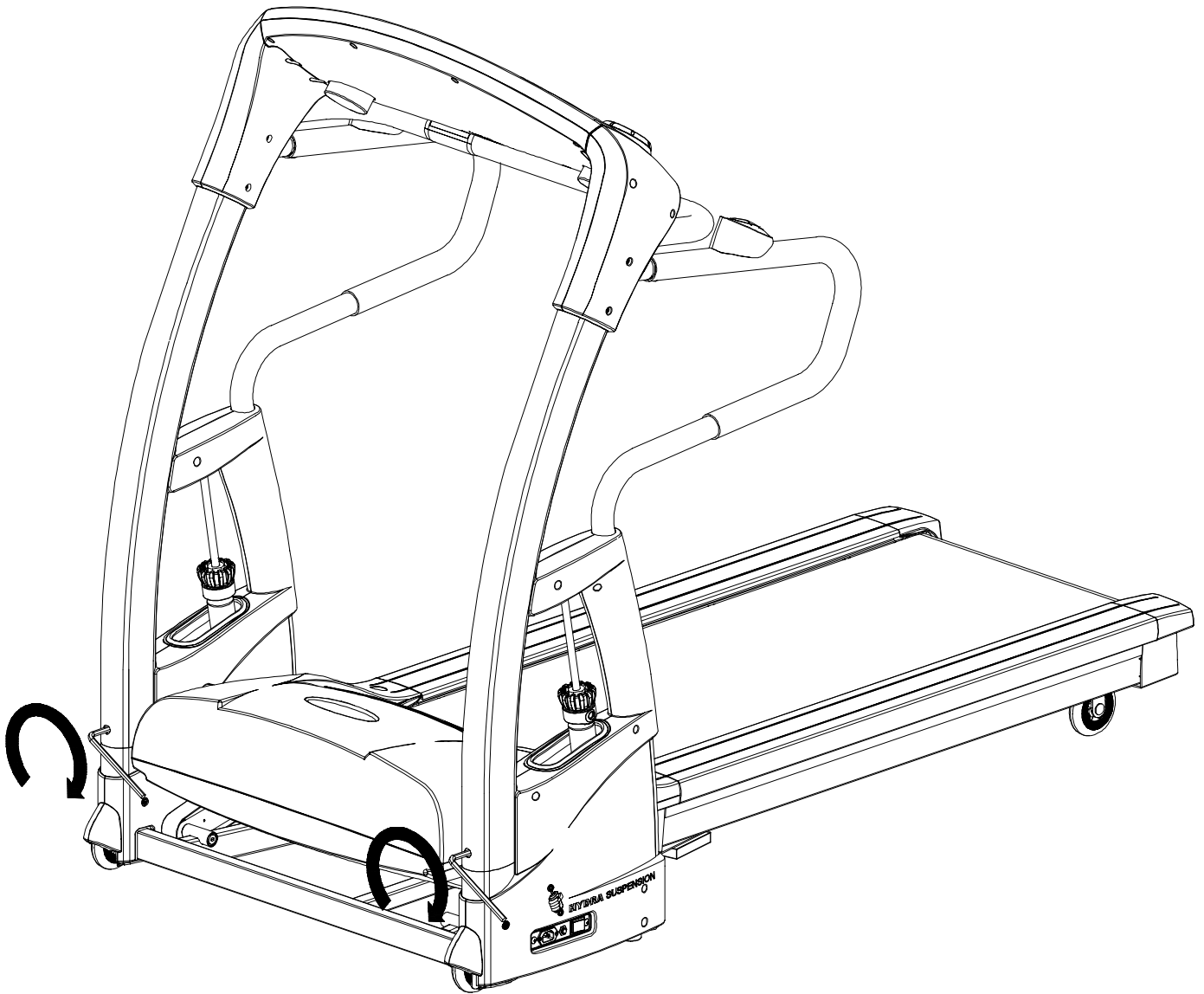6) and five #8 x 19mm Screws (807). Repeat the procedure on the Right Upright (302) to attach the Upright Plastic Shroud RL (313) , Upright Plastic Shroud RR (314) and Adjustable Cylinder Cover – Upper (315) .

| 806 | **X8** |
| 807 | **X10** |
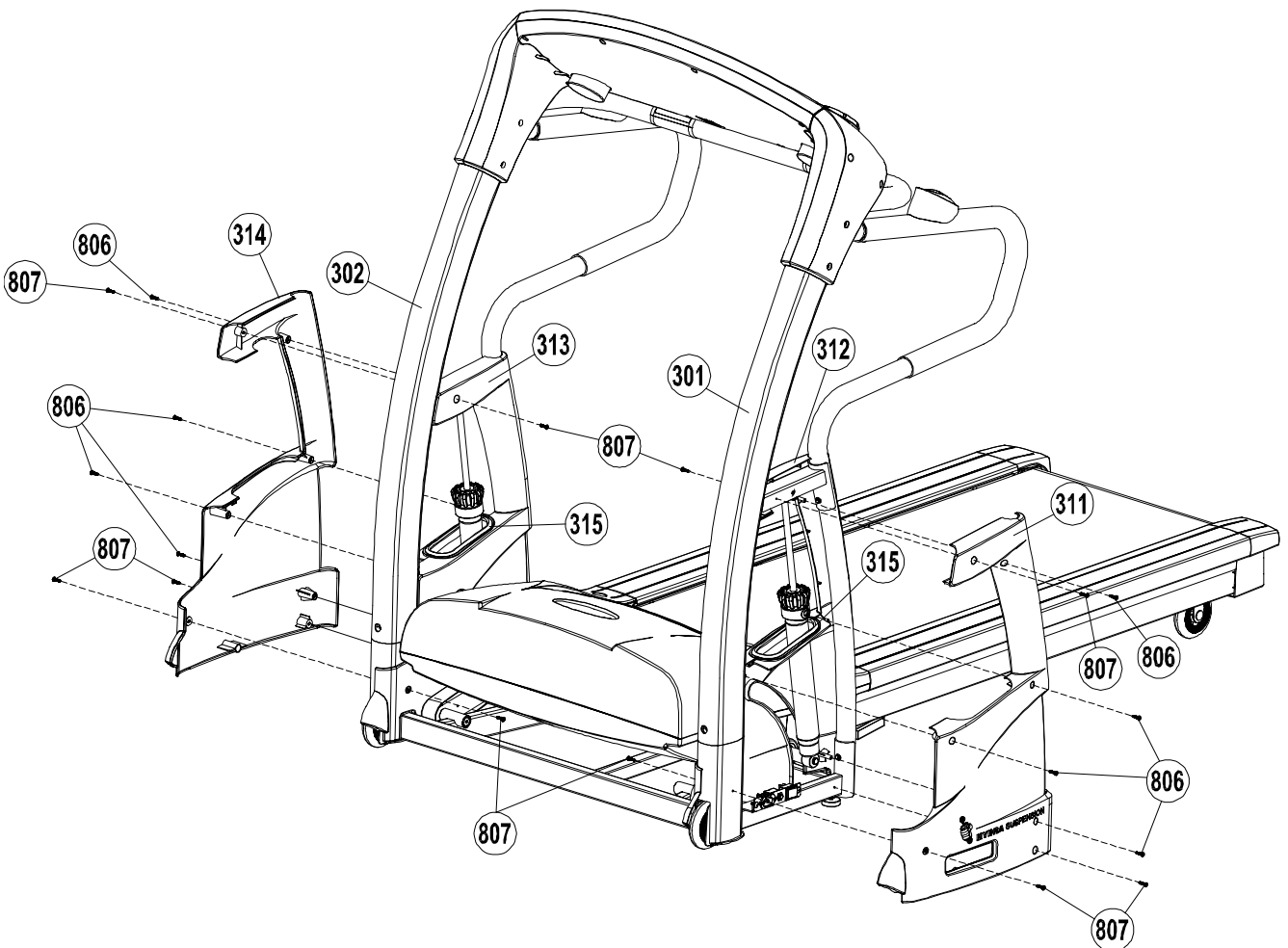
ASSEMBLY

STEP 8:

Secure by tightening the Fix Bolts Sets (412). The Fix Bolts Sets (412) are pre-assembled to the Base Frame (401) at the factory.

STABILIZER ADJUSTMENT

FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.

Locate the two adjustable stabilizers under the base frame.

Treadmill should sit firmly on both stabilizers and all cushions.
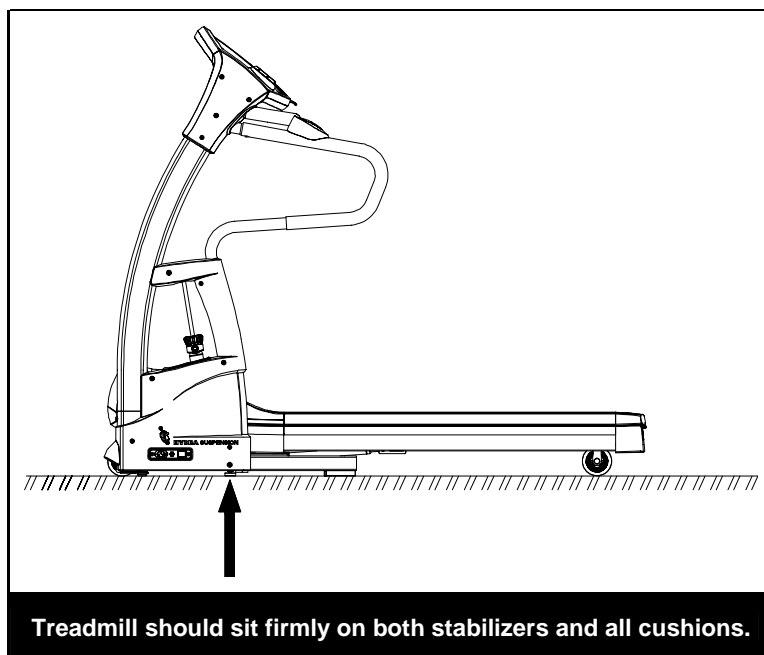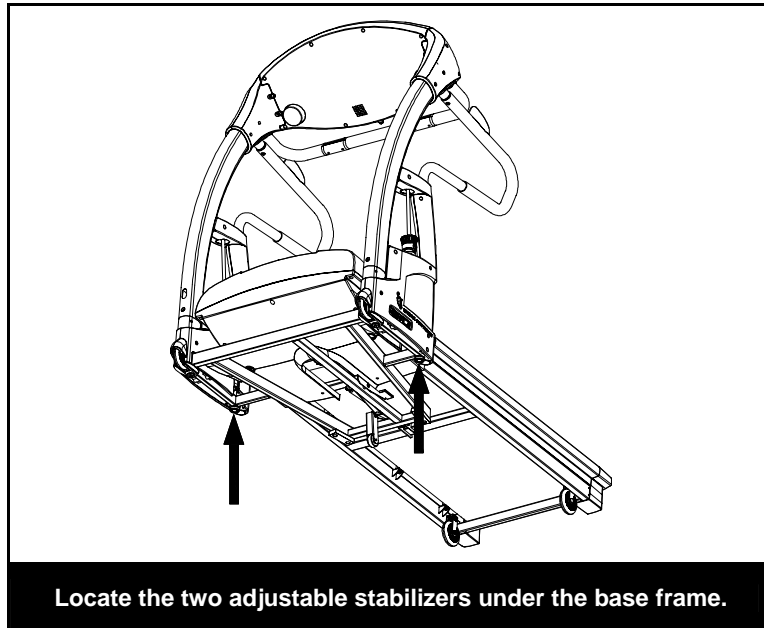
FOLDING INSTRUCTIONS

How to fold up the treadmill:

Your treadmill can be folded up for space saving storage. To do this follow the instructions here:

Lift the deck carefully from the rear

You will hear a "click" sound when the lock engages
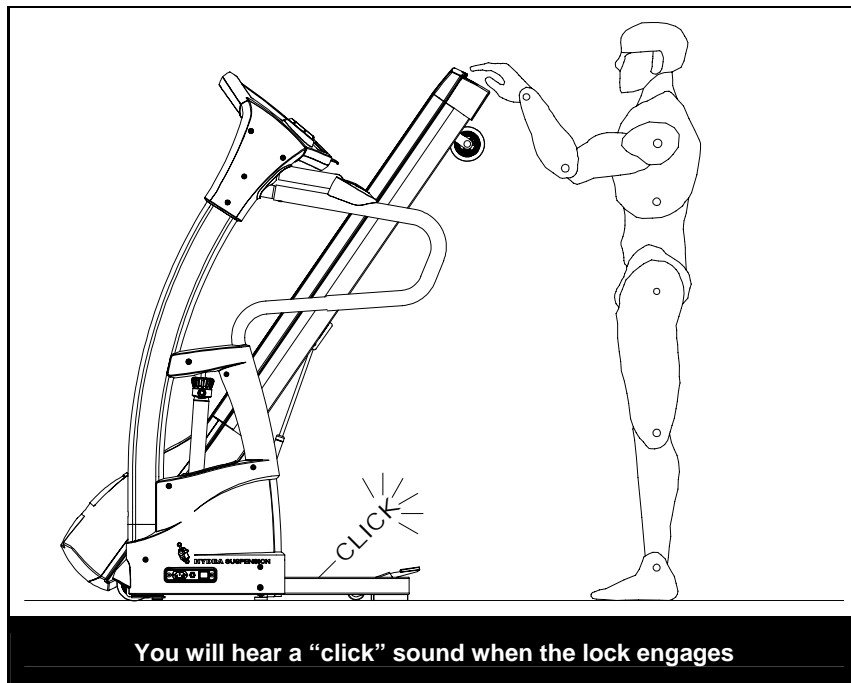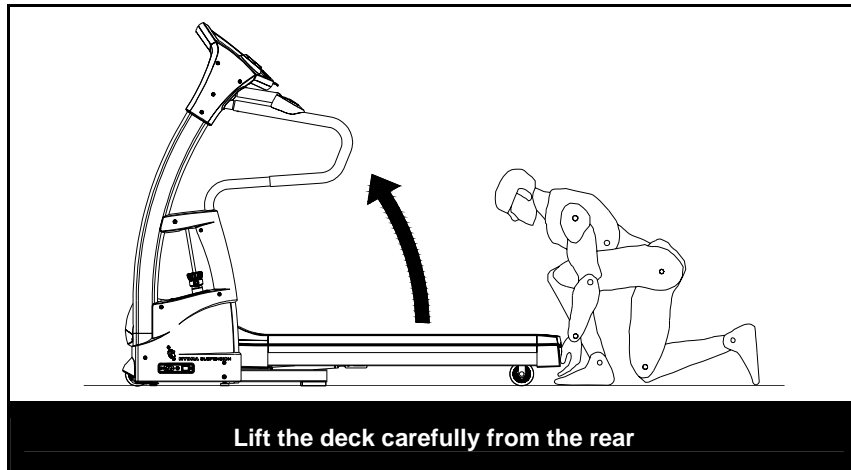
UNFOLDING INSTRUCTIONS

How to unfold the treadmill:

To unfold the treadmill for use follow the instructions here:

Release Lever

Tip the release leaver with your foot…

…and carefully let down the deck
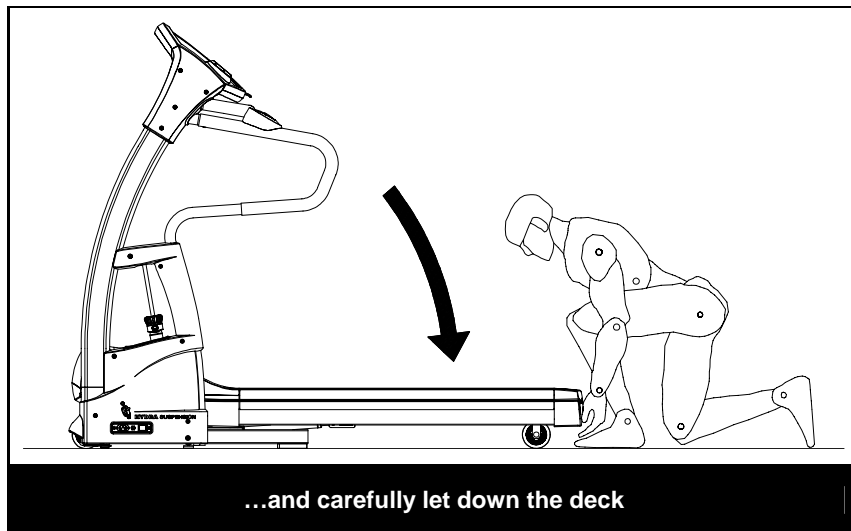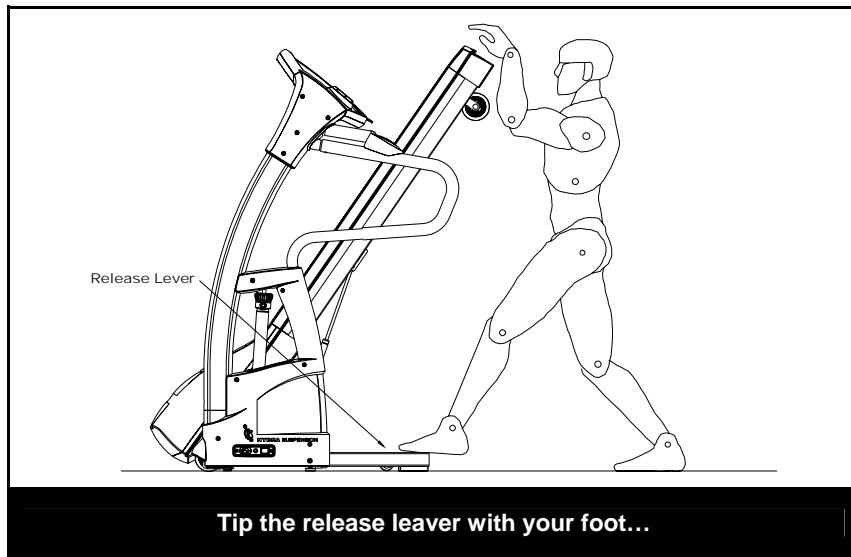
TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

To roll away for storage simply grab the rear deck, lift slightly and roll to desired location.
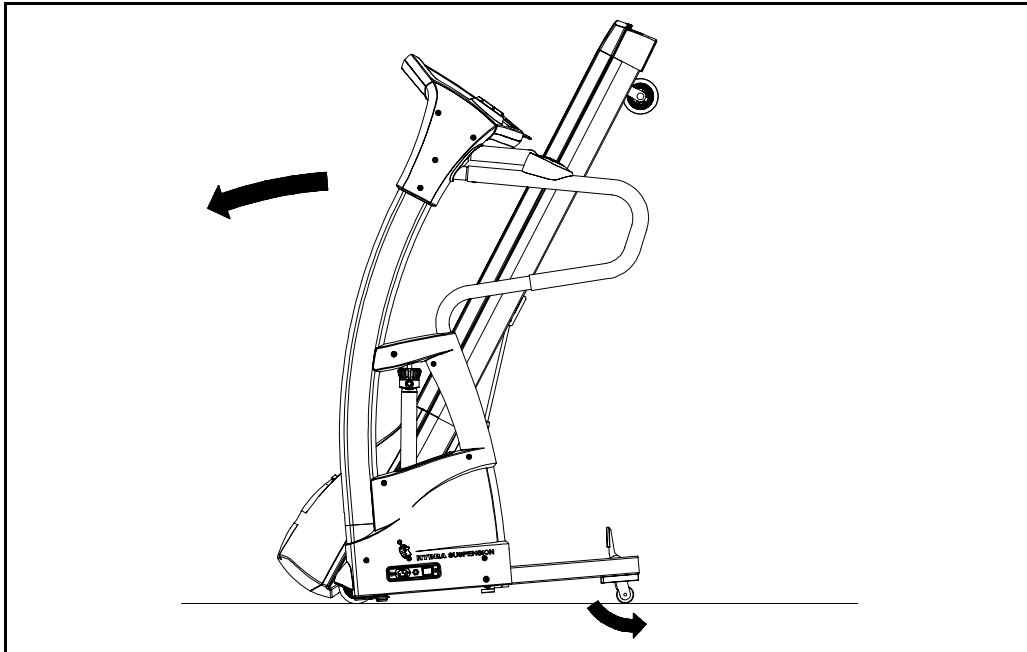
Lift the deck from the rear so that the treadmill rests on the front transportation wheels.

Roll to a desired location.

COMPUTER OPERATION
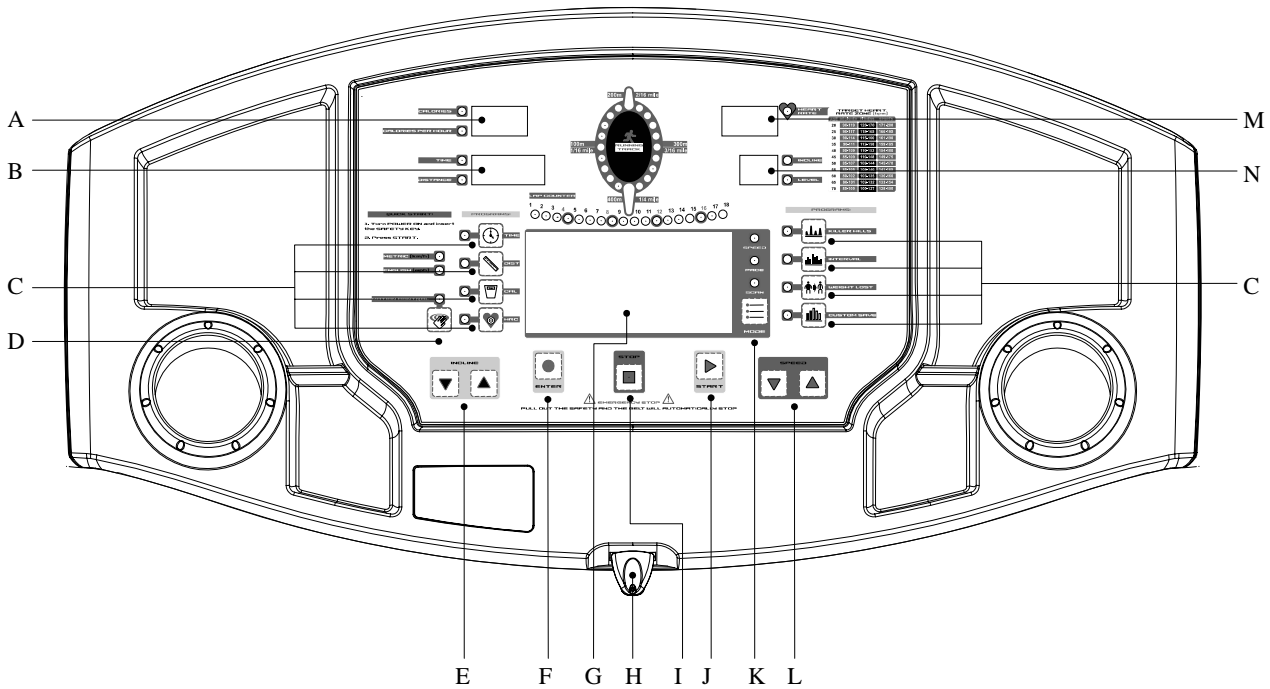
Calories/Calories Per Hour	**A**	**B**	Time/Distance
Preset Programs	**C**	**D**	Motion Control
Incline UP/DOWN	**E**	**F**	Enter
Message Center	**G**	**H**	Safety Key
Stop	**I**	**J**	Start
Mode	**K**	**L**	Speed UP/DOWN
Heart Rate	**M**	**N**	Incline/Level

POWER ON:

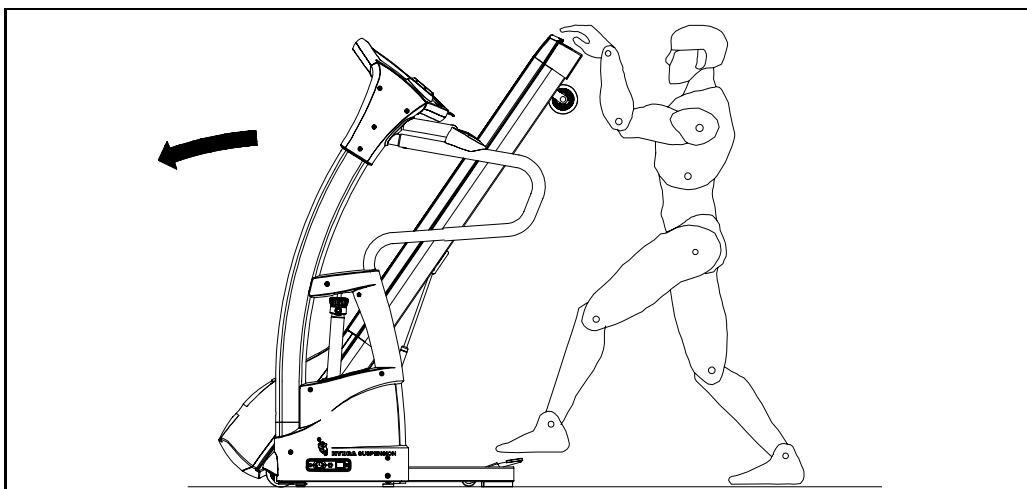Set the POWER SWITCH, located on the bottom of the left handle bar upright tube, to ON and insert the SAFETY KEY. All the LED lights will auto scan then display the factory default setting:

CALORIES window will display : 0
TIME window will display : 0.00
SPEED window will display : 0.0
INCLINE window will display : 0
HEART RATE window will display : P

SLEEP MODE:

The computer will automatically enter SLEEP MODE if left idle for 3 minutes without any input in POWER ON status. Press any button to return to POWER ON status when the computer is in SLEEP MODE.

COMPUTER OPERATION

3 SECONDS ALERT:

To ensure you are well prepared before the belt starts moving, every time you press the START button to start the belt, the SPEED window will countdown 3 seconds with the LED showing "3-2-1" then the belt will start moving.

PAUSE/STOP:

When the treadmill is running, press the STOP button to pause the treadmill. All figures on the displayed on the LED will freeze. Press START to resume the program and all displays will continue the performance until the program finishes. If you continue pressing the STOP twice, then all data will return to 0 and the treadmill will return to POWER ON status. If there is no action within 30 seconds, the treadmill will return to POWER ON status.

ENGLISH/METRIC CONVERSION:

The treadmill computer display can show ENGLISH and METRIC information. The factory should have the proper setting on this for different markets. In case that the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:

1. **S**et the POWER SWITCH to ON. Press the START button on the computer and hold it. Insert the SAFETY KEY then release the START button. The computer will sound one short beep and METRIC LED lights up.

2. Press the START button to switch between METRIC/ENGLISH and press the STOP button to confirm the selection and return to the POWER ON status.

QUICK START:

When the treadmill is in POWER ON status, press the START button to activate the QUICK START program. The speed will start from 0.5MPH/0.8KMPH. Press the SPEED UP/DOWN button to change the speed. Press the INCLINE switch to elevate the treadmill. The TIME, CALORIES and DISTANCE will count up from 0.

PROGRAM:

To select other programs, you will need to select the USER first. Press the INCLINE UP/DOWN button to select the USER CODE from U1 to U9 then press the ENTER button to confirm the user code. If the user information has been previously input, press the ENTER button again and hold it for 5 seconds then the computer will skip the user information set up procedure and enter the program select procedure. To input the new user information, please follow the procedure as below:

WEIGHT set up – After the User Code confirmation procedure, The CALORIES/CAL PER HOUR display will show the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user weight information then press ENTER to confirm.

HEIGHT set up – After the WEIGHT set up procedure, the TIME/DISTANCE display will show the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user height information then press ENTER to confirm.

AGE set up – After the HEIGHT set up procedure, the INCLINE/LEVEL display will show the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user age information then press ENTER to confirm.

NOTE: THE USER INFORMATION IS PERMANENTLY STORE ONLY ONCE THE USER HAS COMPLETED A PROGRAM.

COMPUTER OPERATION

⊙ **GOAL COURSE TIME:**

When the computer is in PROGRAM SELECT status press the ⊙ button on the console. The LED on ⊙ button will light up. If no buttons are pressed after this within 3 minutes the program will return to POWER ON status. If you wish to return to POWER ON status, press the STOP button any time.

The TIME LED will light up, show the preset time as *30:00* and blink. After press the ⊙ button. Press the INCLINE UP/DOWN buttons to set your ideal workout time then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the TIME counts down from the preset time. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

⬎ **GOAL COURSE DISTANCE:**

When the computer is in PROGRAM SELECT status press the ⬎ button on the console. The LED on ⬎ button lights up. If no buttons are pressed within 3 minutes the program will return to POWER ON status. If you wish to return to POWER ON status, press the STOP button any time.

The DISTANCE LED will light up, show the preset distance as *0* and begin blinking. After press the ⬎ button. Press the INCLINE UP/DOWN buttons to set up the ideal distance then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the DISTANCE counts down from the preset distance. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and incline starts from level 0.

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

⊡ **GOAL COURSE CALORIES:**

When the computer is in PROGRAM SELECT status press the ⊡ button on the console. The LED ⊡ button lights up. If no buttons are pressed within 3 minutes the program will return to POWER ON status.

If you wish to return to POWER ON status, press the STOP button any time.

The CALORIES LED will light up and show the preset calories burned as *0* and blinking. After press the ⊡ button. Press the INCLINE UP/DOWN buttons to set up the desired calories then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the CALORIES count down from the preset calories. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. The Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

COMPUTER OPERATION

⏸ **KILLER HILLS:**

When the treadmill is in PROGRAM SELECT status, press the ⏸ button. The LEVEL display will show *01* and be blinking. There are total of 12 different workout levels that can be selected. Press the INCLINE UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 24 minutes. Press the INCLINE UP/DOWN button to adjust the time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes in MIN. GRADE% and 2 minutes in MAX. GRADE%. Repeat in 4 minute segments until the time counts down to zero.

Pre-set speed 2.0MPH/3.2KMPH, adjust the speed using the SPEED UP/DOWN BUTTON,

KILLER HILLS WORKOUT

LEVEL	MIN. GRADE%	MAX. GRADE%
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9	13
11	10	14
12	11	15

COMPUTER OPERATION

⊞ SPEED INTERVAL:

When treadmill is in PROGRAM SELECT status, press ⊞ button. The LEVEL display will show a blinking *01*. There are a total of 12 different workout levels that can be selected. Press the INCLINE UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 24 minutes. Press the INCLINE UP/DOWN button to adjust the time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes in MIN. SPEED and 2 minutes in MAX. SPEED. Repeat this in 4 minutes segments until the time counts down to zero.

Pre-set INCLINE LEVEL at 0%. Adjust the incline level using the INCLINE UP/DOWN button during the workout.

SPEED INTERVAL WORKOUT

LEVEL	MIN. SPEED	MAX. SPEED
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2
10	3.6	6.6
11	3.8	7.0
12	4.0	7.2

⊞ WEIGHT LOSS:

When the treadmill is in PROGRAM SELECT status, press the ⊞ button. The LEVEL will display a blinking *01*. There are a total of 12 different workout levels that can be selected. Press the INCLINE UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 30 minutes. Press the INCLINE UP/DOWN button to adjust the time, 5 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 .5minutes in MIN. SPEED/GRADE% and 2.5 minutes in MAX. SPEED/GRADE%. Repeat in 5 minute segments until the time counts down to zero.

WEIGHT LOSS WORKOUT

LEVEL	MIN. SPEED	MAX. SPEED	MIN. GRADE%	MAX GRADE%
1	1.6	2.8	0	3
2	1.8	3.0	0	4
3	2.0	3.2	1	5
4	2.2	3.4	1	6
5	2.4	3.6	2	7
6	2.6	3.8	2	8
7	2.8	4.0	3	9
8	3.0	4.2	3	10
9	3.2	4.4	3	11
10	3.4	4.6	4	12
11	3.6	4.8	4	13
12	3.8	5.0	4	14

COMPUTER OPERATION

5ᴷ 5K SELF LEARNING/COMPETITION:

When the treadmill is in PROGRAM SELECT status, press the 5ᴷ button. The DISTANCE LED will show 5(KM)/3(MILE). For new users, there is a pre-set speed and incline% program in the computer. Press the START button to start the program. The user can change the speed and incline level during the workout. The DISTANCE will count down to zero then stop. The result time and calories will be saved and shown on the display so the user can select this program again and to challenge himself using the same program.

♥ HEART RATE CONTROL:

When the treadmill is in PROGRAM SELECT status, press the ♥ button.

TIME SET UP – After selecting the HEART RATE CONTROL program, the TIME LED will show a blinking pre-set workout time of 60:00. Press the INCLINE UP/DOWN button to adjust the workout time then press the ENTER button to confirm. Press the START button to start the program. During the program please make sure to wear the chest belt or hold the hand pulse contact sensor on the handle bar at all times. Exercising without chest belt or failure to hold the contact sensor will cause the program fail and discontinue.

WARM UP – After completing the TIME set up and starting the program, there is a 3 minute WARM UP program to help you reach the minimum target workout heart rate. The speed will start from 2MILE/3.2KM and the incline level will start from 0. If the actual pulse rate does not reach the minimum target workout heart rate, the speed will increase 0.5MILE/0.8KM every 15 seconds. When the actual pulse rate reaches the minimum target workout heart rate, the speed will stop increasing and continue the same speed until the 3 minute warm up is complete and then go into the HEART RATE CONTROL main program. If you cannot reach the minimum target workout heart rate in 3 minutes, the program will continue the 2ⁿᵈ 3 minute WARM UP program. During the 2ⁿᵈ WARM UP program, the speed will remain the same speed as in the first WARM UP program. If the actual pulse rate cannot reach the minimum target workout heart rate, the incline level will add 1% every 15 seconds. When the actual pulse rate reaches the minimum target workout heart rate, the incline will stop changing and continue the same speed and same incline level until the time counts down to zero then enters the HEART RATE CONTROL main program. If during the 2ⁿᵈ WARM UP the user still can not reach the minimum target workout heart rate, the computer will continue on to the 3ʳᵈ WARM UP procedure for 3 minutes and both speed and incline level will be remain the same as the 2ⁿᵈ WARM UP until the time counts down to zero. If the 3ʳᵈ WARM UP program still cannot bring up the actual pulse rate to the minimum target workout heart rate, the program will stop and SPEED LED will show FAIL.

HEART RATE CONTROL MAIN PROGRAM – After the actual pulse rate reaches the minimum target workout heart rate and completes the warm up program, the computer will go into the main program and the time will count down from the pre-set time. During the main program, if the actual pulse rate cannot reach the maximum target workout heart rate, the incline level will be increased by 1% every 15 seconds until the pulse rate reaches the maximum target workout heart rate or the incline level will increase by 15%. After the incline level increases to 15% but still does not reach the maximum target workout heart rate the speed will be increase by 0.5MILE/0.8KM every 15 seconds until the pulse rate reaches the maximum target workout heart rate. If the actual pulse is higher than the maximum target workout heart rate, then the incline will be reduced 1% every 15 seconds until the actual heart rate meets the maximum target workout heart rate or the incline level will lower to 0%. Then the speed will be reduced by 0.5MILE/0.8KM every 15 seconds until the actual pulse meets the maximum target workout heart rate.

COOL DOWN – After completing the HEART RATE CONTROL program and the time counts down to zero start the one-minute cool down program. The incline will return to 0% and the speed will lower to 2 MPH/3.2 Km/h as the time counts down from 1:00.

COMPUTER OPERATION

USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.

**Strap chest belt across the
front above the chest line**
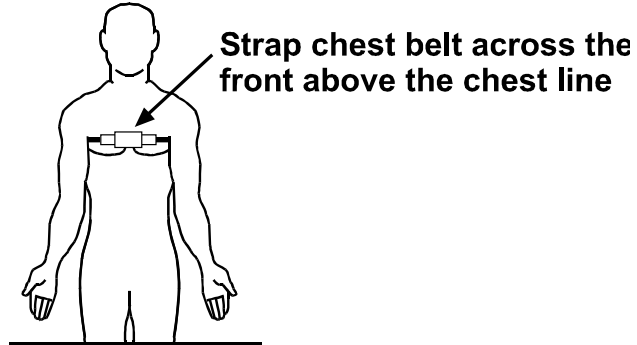
MOTION CONTROL OPERATION

MOTION CONTROL:

Walking belt speed can be increased, decreased or stopped using the Motion Control sensors on the handlebars. To do this follow the instructions below:

1. Press the ⬚ button on the console to switch the motion control function on and off:

- When the LED light is **ON** the MOTION CONTROL is **active**.
- When the LED light is **OFF** the MOTION CONTROL is **off**.

2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP. Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up by 0.5 MPH per second.
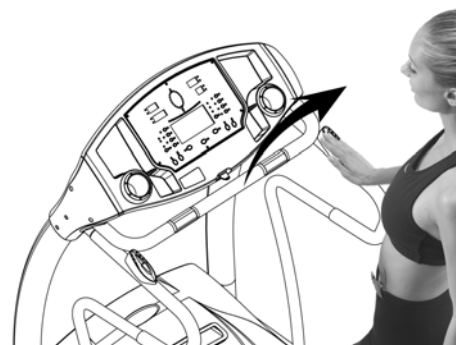
3. Wave you left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH. Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed by 0.5 MPH per second.
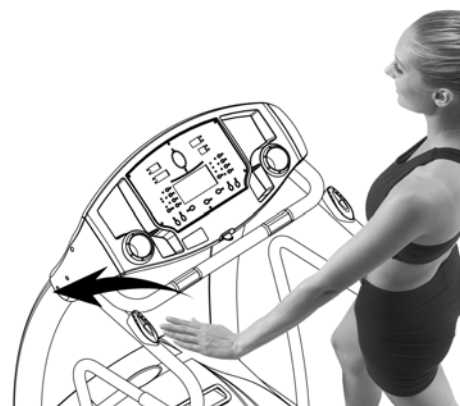
3. Use left sensor to slow down.

4. Wave both hands approximately 6 inches above both motion sensors at the same time. The sensor will sound two short BEEP sounds then stop the belt.

- **Always switch off the motion control function by pressing the ⬚ MOTION CONTROL button on the console before turning off the power to the treadmill.**

4. Use both sensors to stop belt.

MAINTENANCE

HOW TO MAINTAIN THE TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.
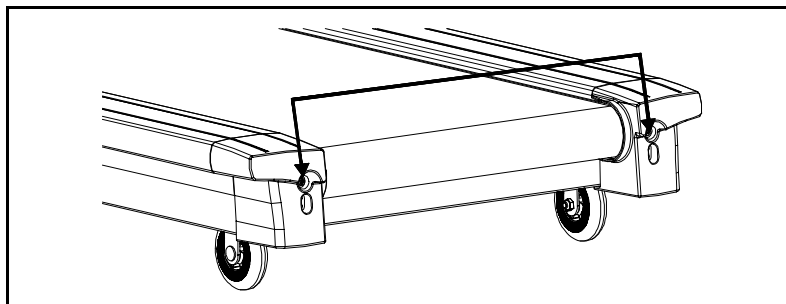
- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left**: First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

- **Walking belt is slipping**: First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!

Right and left tension bolts are located at the rear of the treadmill.

MAINTENANCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning**: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- **After each workout**: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

- **Weekly**: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use Lube 'N Walk (can be purchased from your dealer or call the number on the front of the manual), or a non-petroleum based silicone such as "Napa 8300" (available at most stores).

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.

2. Insert the spray nozzle into the spray head of the lubricant can.

3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.

4. Allow the silicone to "set" for 1 minute before using the treadmill.

Spray lubricant from front to back.
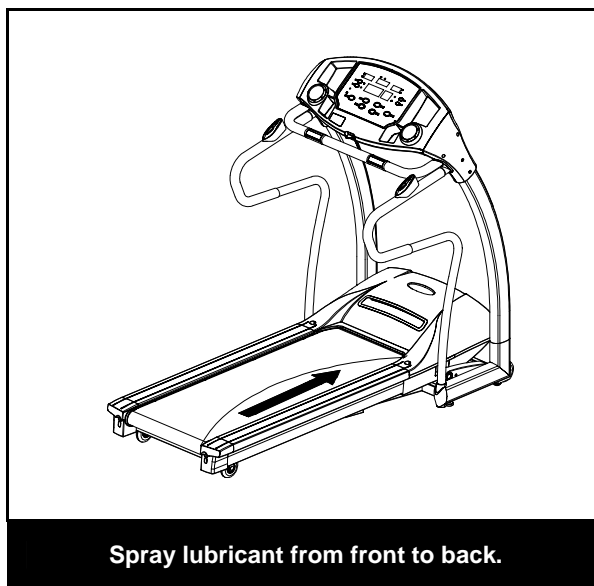
WARRANTY

Read and follow the Assembly-instructions and the User's-Manual before using this product.

Warranty Coverage: Smooth Fitness GmbH ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material.

This warranty is limited on home use only.

Period of Coverage: The Home-Use-Warranty on this product runs from the date of original purchase using the following schedule:

Frame	Drive Motor	Electronics	Parts	Labor
Lifetime	10 years	2 years	2 years	2 years

- Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period of 2 years.
- Smooth Fitness reserves the right to inspect damaged parts for misuse.
- For Corporate Use (Up to 3 hours use per day): The Warranty on this product runs from the date of your purchase for a period of ONE (1) year.

It is required to show a proof of purchase prior to warranty service being initiated. Your Original Receipt is proof of purchase and should be kept with the product manual.

As a matter of course we will be available and open for all your problems even when the warranty has already expired. Simply call the service number down below.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, and it's authorized Service Partners. If repairs are required, the unit will be repaired at the location of use or by return to the factory as deemed appropriate by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, please call the Smooth Fitness Service Center under 0800-09 72 100. To help the technician assist you, please have the following information ready:
- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not cover wear and tear, any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty does not apply to any product shipped or handled outside of Germany, Austria and England. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty.

RESEPECTIVE LAWS OF THE COUNTRIES OF SALE REMAIN UNTOUCHED. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. THE PERIOD OF COVERAGE OF THIS WARRANTY RUNS FROM THE DATE OF PURCHASE: SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM, AS LONG NOT GOVERNED DIFFERENTLY BY LOCAL LAW.

For assistance with assembly or to order replacement parts, please call the Smooth Fitness Service Partner under 0800-09 72 100. To help them assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and order number.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

- Begin your training program slowly with realistic goals that have been set by you and your doctor.

- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.
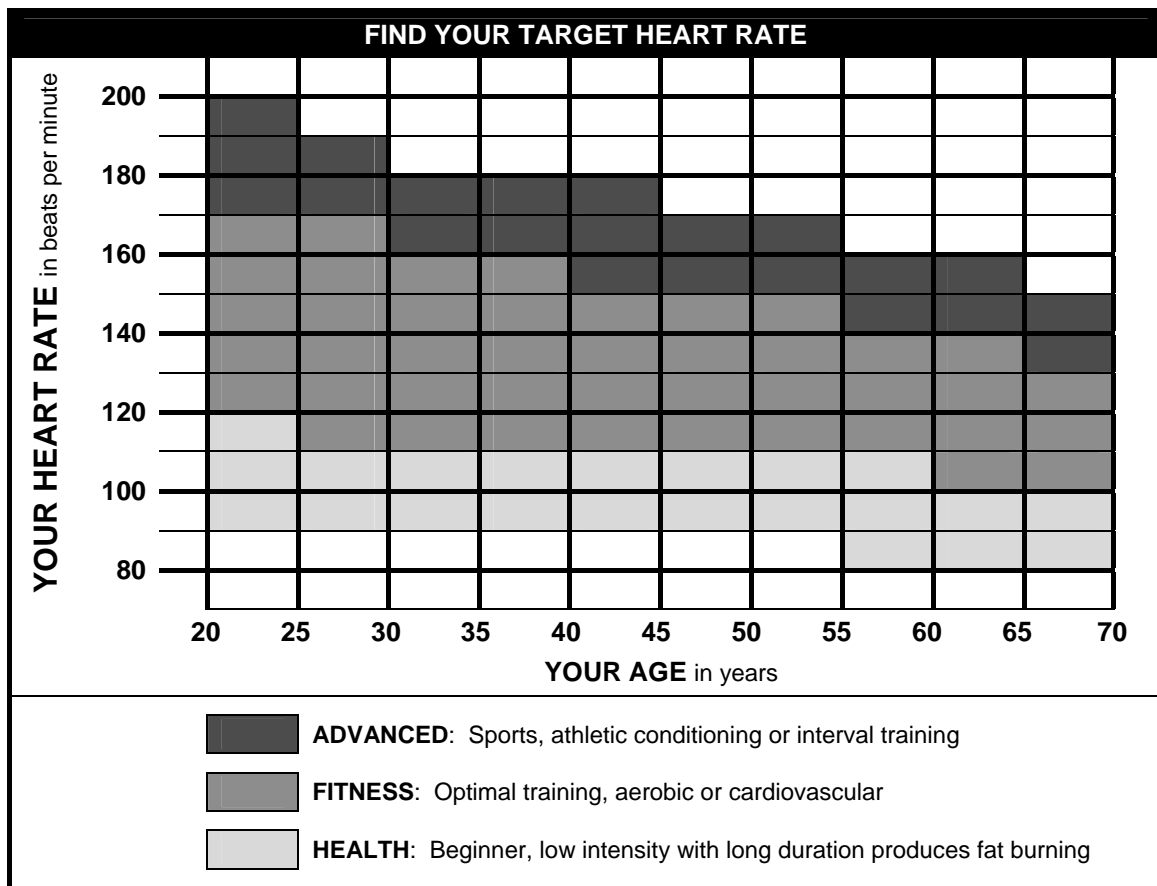

The Surgeon General has determined that lack of physical activity is detrimental to your health.™

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

FIND YOUR TARGET HEART RATE

YOUR HEART RATE in beats per minute (y-axis: 80, 100, 120, 140, 160, 180, 200)

YOUR AGE in years (x-axis: 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70)

ADVANCED: Sports, athletic conditioning or interval training

FITNESS: Optimal training, aerobic or cardiovascular

HEALTH: Beginner, low intensity with long duration produces fat burning

Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.
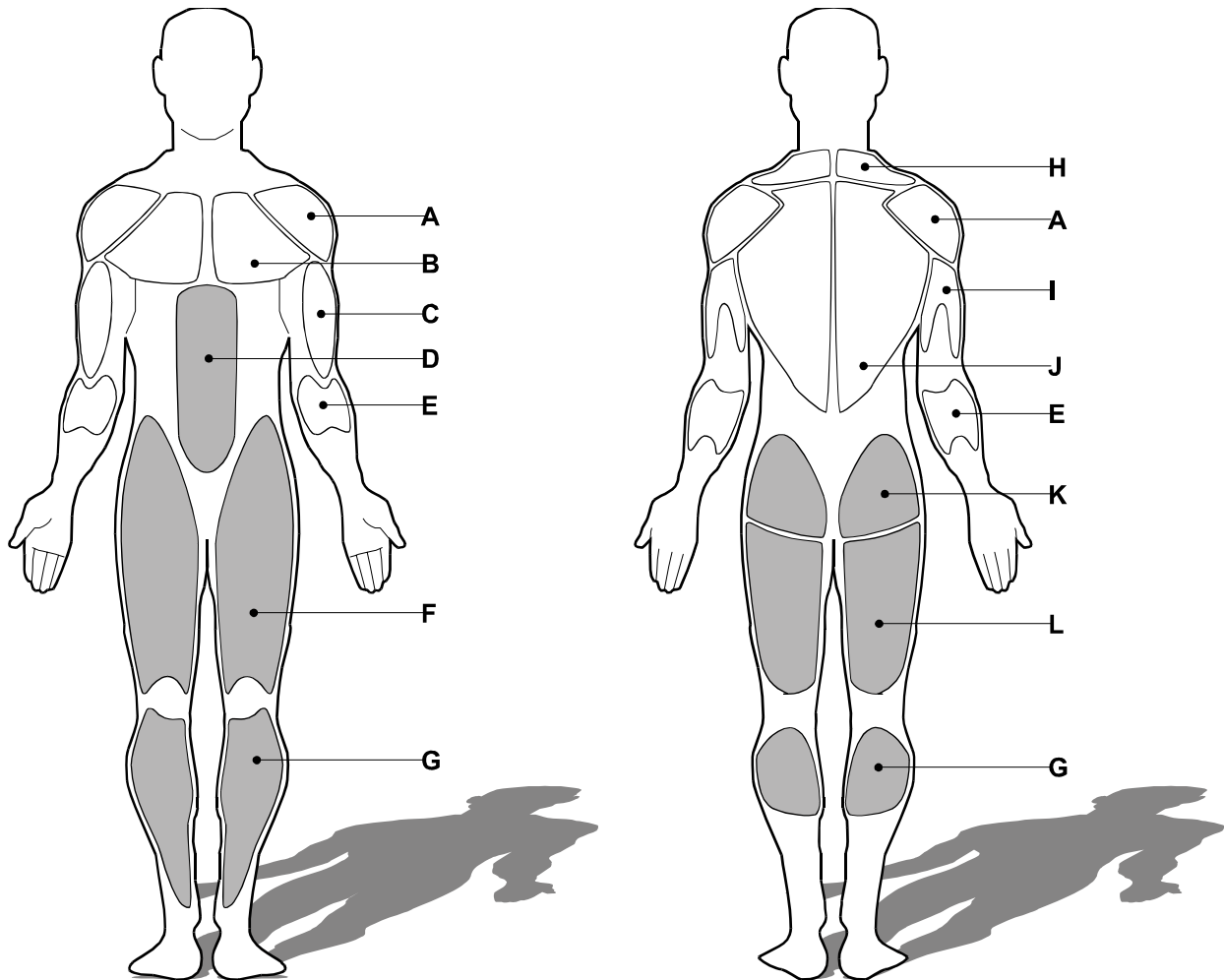
MUSCLE GROUPS

| A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:
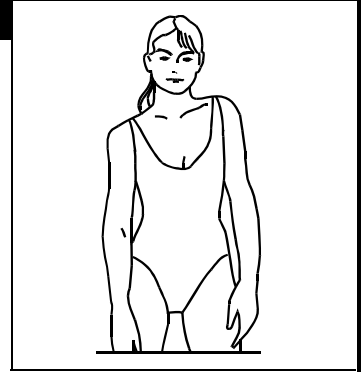
Toe Touch:
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.
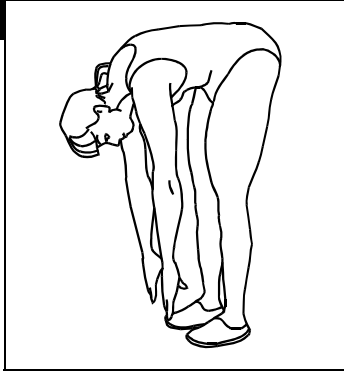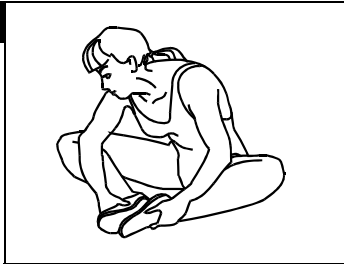
Shoulder Lift:
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Inner Thigh Stretch:
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch:
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
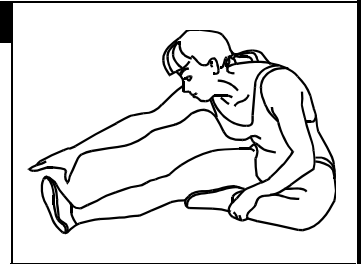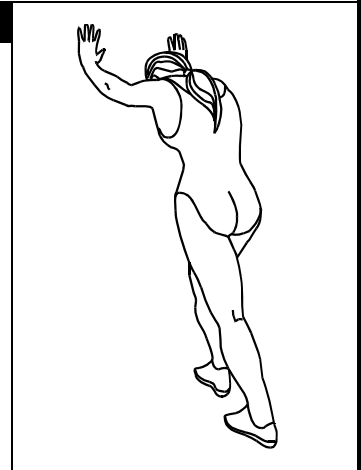
Side Stretch:
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
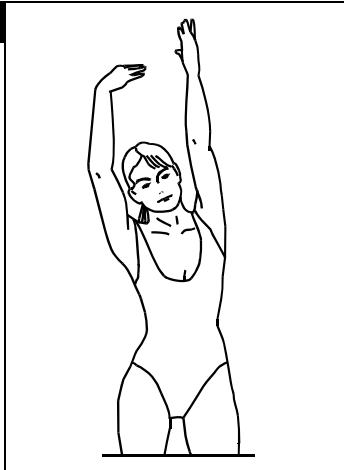
Calf-Achilles Stretch:
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

Head Roll:
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
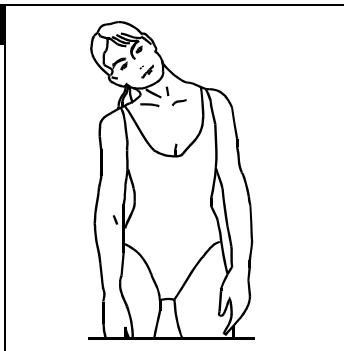
TROUBLESHOOTING

Troubleshooting

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start:

1. Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).

2. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.

3. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

4. Have an electrician check for inadequate voltage at the outlet.

Treadmill looses power during use:

1. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.

2. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

Treadmill walking belt slows during use:

1. Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-guage cord of five feet or less and the surge protector is securely plugged into the outlet.

Treadmill walking belt slips or is not centered on rear roller:

Refer to the Belt Adjustment section of this manual.

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